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Cover design: Alyson Bowman; Jimmy Williams outside Ring One Boxing in New Haven; photo by Catherine Avalone. This page: (top) Main Street in Chester; photo by Adam Coppola Photography via Connecticut Department of Tourism. (above) A broad-breasted bronze turkey at Ekonk Hill Turkey Farm in Moosup; photo by Brian Lance.

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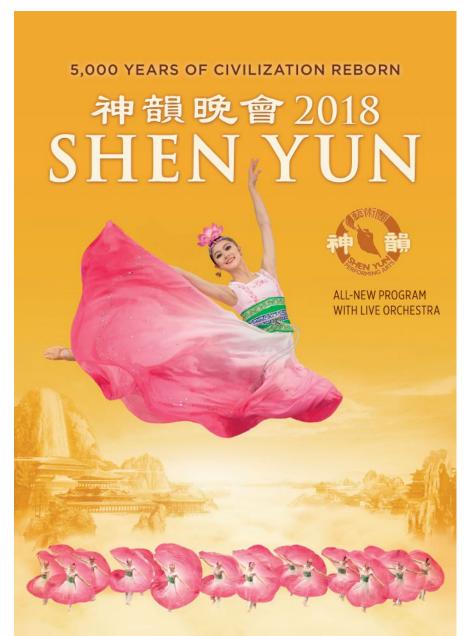
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editor's note

Finding Our Heart

Every other November we release ranked lists of the state's towns.

We delve into the data, listing population figures, median home values, taxes, crime rates, test scores and voter turnouts. It is surgical, and quite comprehensive.

But we were missing one thing. Two things, really. We failed to take into account the heart and soul of a community. For example, what quantitative measure can you use to effectively determine the value of a town's Main Street or downtown district?

Some might suggest the answer to that question is easy: look at the price per square foot of commercial property. By that metric, Greenwich Avenue, often mentioned among the priciest commercial real estate in country, would likely come out on top.

But Greenwich's "the Avenue" wasn't always the bastion of ultrapricey boutiques it is today. It was once a cow path, before giving way to mom-and-pop shops and the kind of scene one pictures for "Main Street, USA." Perhaps in a sign of things to come, however, one of Greenwich Avenue's highest-profile tenants, Ralph Lauren,

closed its store earlier this year, and a few others have followed suit. Some real estate experts are now predicting that mom-and-pop operations offering unique services and experiences will fill the void left by fleeing retail chains. Everything is cyclical...

A different Connecticut location has already entered a new cycle. Collinsville, a village in Canton, has seen a remarkable transformation in recent years, following the now-classic model of turning derelict industrial properties into new commercial and living spaces. While undoubtedly different than Greenwich Avenue, Collinsville's downtown has that authentic small-town New England feel we look for in a "Main Street" experience.

Read about what both Collinsville and Greenwich have to offer today, as we explore the hearts and souls of our favorite towns for dining, arts and entertainment, outdoor fun, shopping and more in "Terrific Towns," starting on page 51.

Speaking of favorites, it's time to remind you to vote in our annual Best Restaurants Readers' Choice poll. Make your selections in dozens of restaurant categories. Find the link at **connecticutmag.com** or go to **goo.gl/mxbB8v** (note the capital "B"!). The results, along with our experts' picks, will appear in the January issue.

We're hoping for a great voter turnout, so get to the polls!

Albie Yuravich

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contributors



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John Roche

"A BRONX TALE" (14)

Roche has been an award-winning journalist for more than 20 years, mostly for New York-area publications. In addition to publishing a crime novel, *Bronx Bound*, he currently teaches journalism and writing at Western Connecticut State University in Danbury.



WRITER
Brian Lance

"TURKEY TO TABLE" (80)
"TRAIL OF BREAD CRUMBS" (82)

Lance is a writer of all trades, whose work has appeared in many literary and news publications. He has eaten his way around some 30 countries and runs partly to justify his eating habits. He also teaches media studies at Mercy College.









UPCOMING ATTRACTIONS...

GOLDFINGER (THE MOVIE) OCTOBER 21

16TH ANNUAL FOOD AND WINE TASTING

OCTOBER 27

THE ROAD TO ROAD JAM: A JAM BAND BATTLE

NOVEMBER 3

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TORRINGTON SYMPHONY ORCHESTRA "A HOLIDAY TRIBUTE" **DECEMBER 2**

NUTMEG PRESENTS: THE NUTCRACKER **DECEMBER 9 & 10**

THE GAME'S AFOOT (HOLMES FOR THE HOLIDAYS) **DECEMBER 9-17**

MOMIX

JANUARY 6-7TH

MET OPERA LIVE IN HD PRESENTS: **PUCCINI'S TOSCA**

JANUARY 27TH

ONCE

FEBRUARY 3-11, 2018

MET OPERA LIVE IN HD PRESENTS: DONIZETTI'S L'ELISIR D'AMORE **FEBRUARY 10TH**

THE IRISH...

AND HOW THEY GOT THAT WAY

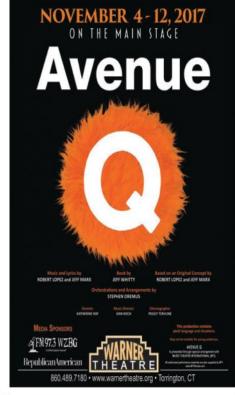
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THE FULL MONTY MAY 5-13, 2018

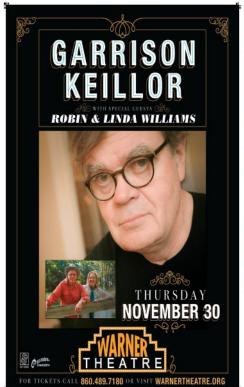
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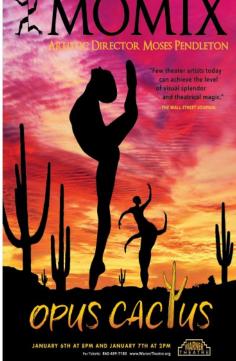
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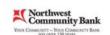














voices



Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

A Bite of History

I find the articles in *Connecticut Magazine* very interesting. The Connecticut Files articles by Erik Ofgang on the last page are wonderful with a bite of Connecticut history. Please keep up the good writing.

Howard Thody Middletown

Other Gubernatorial Contenders

My name is Dave Walker, and I was disappointed to see that your article on gubernatorial candidates ("The Race Is On," October 2017) excluded several individuals, including myself. My campaign has been gaining momentum and recently set the record for a single Citizens Election Program (CEP) fundraising event. It is clear that we will qualify for CEP.

I am the immediate former U.S. comptroller general and was CEO of the U.S. Government Accountability Office during the terms of presidents Bill Clinton and George W. Bush. I am a professional problem solver and have successfully led organizations in the public, private and nonprofit sectors. I am the only gubernatorial candidate with a proven track record in transforming and restructuring the finances of large and complex government organizations.

Connecticut is in serious trouble and 2018 may be our last chance to make a turnaround in Connecticut a reality.

If I am fortunate to be elected as the next governor, I will tell the truth and make the tough choices necessary to create a better future in Connecticut. You can find out more about me and my plans at dayewalkerct.com.

Dave Walker Bridgeport

I work with the Chris Mattei for Connecticut campaign and read your story on the candidates and potential candidates in the running for governor. I understand that you have limited space but I'd like to make an argument for including Chris Mattei on "leading contenders" for the Democratic side.

As you may know, for the last several months, he's been visiting towns across the state and has held dozens of meetings with Democratic Town Committee members, house parties, meet-and-greets, etc. Chris had one of the best Q2 performances of any candidate on either side, and his Q2 results were better than any of the Democratic candidates/potential candidates you listed. And his exploratory campaign has been featured in both local and regional publications.

If we're talking strength in the race so far, Mattei has more than held his own against established politicians and has been getting quite a bit of attention both locally and regionally.

Julie Edwards Spokeswoman for Chris Mattei, a Democrat exploring a run for governor

Shoreline's Best

Regarding your September issue: as always, an excellent magazine. What amazes me is the fact that I am 70 years old, have lived in Connecticut most of my life, traversed the whole state and I continue to learn of places and things that I did not know about.

I enjoy your "Best of Connecticut" list. I know you cannot list all the burger and hot dog stands, but I still think that the Seven Seas Restaurant & Pub and the Lobster Hut, both in Milford, are two of the best in the state for lobster rolls. I have been all over the state trying them. And Kathy's Famous Cookies in Milford still has the best cupcakes, cookies and biscotti in the state.

Keep up the good work!

Robert Lukas Milford

'I Miss My Dad So Much'

Albie, I have just finished reading your editor's note in the August issue, and wanted to reach out to you in sympathy over the recent loss of your father. (I am catching up today on my *Connecticut Magazine* subscription after unfortunately falling behind this summer due to my own health issues and hospitalizations.)

While reading your letter, it reminded me of my own frighteningly fast journey losing my father to liver cancer in 2013. While my dad had suffered for many years from the autoimmune disease psoriatic arthritis, he was usually so vital despite the frequent pain he quietly endured — he rarely allowed it to slow him down, except on his hardest days, and until the very end.

He seemed fine one day, yet only a few weeks later I could see the changes in him, especially in his normally healthy appetite. And his weight loss became obvious, with the exception of the excess fluid that began accumulating only in his midsection. In a matter of two months we went from realizing something was wrong, to finally receiving a definitive diagnosis of lesions, with the horrifying prognosis of only "weeks to a month" to live. That was on a Friday, after being admitted to the hospital. He passed away four days later, on Tuesday, in the hospice wing of the hospital, having never come home. His grace and courage in the face of imminent death will always amaze me.

Due to his 25-plus years of having the disease PA, and the resulting 20 or so years of his taking very strong medications to treat it, including biologics by injection, his liver likely became damaged as a result.

I miss my dad so much, especially our long, philosophical talks, and his gentle hugs. The pain of losing him so quickly four years ago was devastating, but over time it has slowly become more tolerable and less of a daily intrusion. However, to this day I will have moments when I am reduced to a puddle of tears at the thought of having lost him, and today it was your letter relating your own loss that brought me there.

I suppose I just wanted to tell you, first, that I know very well the feelings of loss you must be experiencing, but also, I wanted to offer you the comfort of sharing my experience that as time moves on, the good memories will slowly start to overtake the bad, and bring you greater peace.

Once again, my deepest sympathy on the loss of your beloved father. Thank you for sharing your story.

Yvonne "Bonnie" Vail Bethlehem



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faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our LiteCure® Laser, making it a truly profound healing modality and experience!

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Dr. Robert Morrow, a well-known, trusted orthopedic surgeon who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these LiteCure® Lasers people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now Pain Free! I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this NE Spine and Disc Healing Protocol very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

*To everyone whose condition warrants this treatment.

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TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the

fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".



Kelly Dorsey, left, works for and receives services from Meriden's MidState Arc, a nonprofit that helps the developmentally disabled gain skills to live independently.

Disabled Feeling Budget Cuts

STATE'S FISCAL CRISIS A BLOW TO NONPROFITS THAT HELP PEOPLE WITH DEVELOPMENTAL DISABILITIES

BY MICHAEL LEE-MURPHY

For those living with developmental and intellectual disabilities, the policy shifts of the last few decades, and especially the last few years, have had major impacts on their lives. As societal attitudes toward those living with intellectual disabilities became more enlightened in the 1960s, '70s and '80s, the developmentally and intellectually disabled moved out of institutions and into the community.

The past few years have seen another shift in policy, according to those in the field, moving away from a model that emphasizes constant care and supervision, and toward a newer model of support, allowing people a certain autonomy.

For Kelly Dorsey, an adult woman living with intellectual disabilities and an employee at MidState Arc, a nonprofit offering services in Meriden and Wallingford to some 300 people, being alone is crucial. "Some days you just want to escape and turn up the loud music and

go, 'I feel better,'" she says.

"For the majority of people with intellectual disabilities, there's somebody always in their space, in their life, giving them support, so one of the main desires and needs is just to be alone," says Pamela Fields, MidState Arc's chief executive.

Michelle Bell, who despite her intellectual disabilities lives alone in Meriden, puts it in terms anyone can understand. "You don't have to have somebody on top of you. You have your own space," she says.

This fall that sense of autonomy shared by Fields and Bell is under threat from inaction in the state Capitol. The failure of the General Assembly to pass a budget has meant that furlough days, funding cuts and layoffs have had a very real impact on those working in the developmental disabilities sector.

Because the legislature and Gov. Dannel P. Malloy's office have not agreed on a budget, all summer and into the fall state fiscal policy has been governed

by decree. Cuts handed down to the various state departments — including the Department of Developmental Services through which MidState Arc receives funding - are then distributed among private nonprofit agencies the state contracts with. MidState Arc, which recently changed its name from The Arc of Meriden-Wallingford, celebrates its 65th anniversary this fall. It is one of 160 providers of services to the developmentally disabled that DDS contracts with facing cuts from the summer's executive decrees.

Dorsey and Bell, who are what MidState Arc calls self-advocates, facilitate a monthly discussion for their peers who also rely on the organization's services. At recent meetings, they say, anger at the state's fiscal situation is growing, and the budget is the primary point of discussion. For them, the cuts have concrete effects. Furlough days for MidState Arc employees means there are days when support staff is not



Michelle Bell on her home's balcony.

available, and because Dorsey and Bell are also both employees of the agency, they face the double penalty of having their wages cut.

In addition to the furlough days, MidState Arc has laid off two employees, and has left between 15-20 vacant positions unfilled. Staff who don't work in direct support roles have been mandated to work four hours a week doing direct care. (Fields, the CEO, went to work in the kitchen at the Arc Eatery on site.)

Fields says the cuts have stalled, and threaten to permanently disrupt, a program aimed at increasing client independence and dignity while simultaneously trimming operating costs. The program is designed to move those clients who don't need 24-houra-day care into more independent living arrangements, augmented by new technologies that allow those with intellectual and developmental disabilities to safely be alone.

The old thinking in the developmental disabilities world was that "everybody went in the group home. Even if you needed only 10 hours of support a week, you went into a home that gave you 24 hours [of support] a day. That system is still in effect," Fields says. In a provisional survey of the 38 people who MidState Arc supports in grouphome settings, 23 people don't need the 24-hour-a-day care.

Under the first executive order, MidState Arc's budget was cut by \$89,000 a month, later revised down to about \$19,500 a month after sustained pressure at the Capitol from people including Dorsey and Bell.

A pilot program aimed at moving six of MidState Arc's clients out of group homes and into independent settings would cut

the organization's costs by about \$200,000 annually, Fields says.

"[If] I have another way to save that money, I should be able to do it that way," Fields says. In a letter Fields sent to the commissioner of the Department of Developmental Services in late August, she wrote of the initial cluster of transitioning clients: "It is important to note that it is all reliant on having the resources available to make it happen, which means we cannot implement such an aggressive plan with budget cuts."

The Department of Developmental Services can't determine funding levels based on programs on a case-by-case basis, spokesperson Kathryn Rock-Burns says. "We don't allocate to certain providers and not others, or certain individuals and not others," Rock-Burns says, but points to a proposed \$3.8 million Intellectual Disability Partnership Initiative, which was included in an early version of Malloy's budget. Of the \$3.8 million, \$1 million would be earmarked for pilot programs such as the one MidState is working on.

At MidState Arc, Dorsey has a simple message for the politicians at the Capitol who she says have come to know her well after months of protest and agitation: "We're citizens like everybody else." 🗩

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NOVEMBER

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DECEMBER

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- 2 Jane Lynch: A Swingin' Little Christmas Featuring Kate Flannery & Tim Davis with The Tony Guerrero Quintet
- 6 Melissa Etheridge: Merry Christmas, Baby







DECEMBER

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Learning Curve

BETHEL EDUCATION CENTER BRIDGES GAP BETWEEN HOMESCHOOL AND SCHOOL

BY ERIK OFGANG

It's early afternoon at Workspace Academy in Bethel, and though class is technically in session, it doesn't feel that way.

Students of various ages, from kindergarten through high school, come and go as they and their parents please, choosing courses and projects that interest them. On this particular afternoon some students are calibrating a 3D printer, while another group is making goods to sell at an upcoming school event, while others are practicing music.

The 32,000-square-foot facility is alive with the enthusiasm and energy of students and whirring with technology. Beyond the 3D printer, there is a virtual reality console, laser engraver, science lab, cutting-edge theater, and there are plans for a commercial kitchen and rooftop garden.

Workspace, which opened last January, occupies a middle ground somewhere between homeschool and private school, creating an educational incubator or shared-learning facility that has the look, feel and upbeat emphasis on education of a Silicon Valley-style startup.

"We'd like to take education to a different place," says Jenna Roche, who as director of vision alignment, is tasked with sharing Workspace's philosophy with the public and new Workspace educators. "Education happens through kids' interests and needs."

While Workspace is meant as a replacement for the traditional education setting, it is not a school. In its own words it's "a project-based education center," made up of a "community of families and professionals who work together to create the most effective individualized learning tracks for children."

Families pay \$5,000 per year for their first child and \$1,000 a year for each additional child. Parents teach classes if they want to and have applicable skills in a certain area. They also bring in teachers and experts of their choosing to help cover other areas. The Workspace staff helps parents find these experts and also vet potential tutors and teachers through background checks.

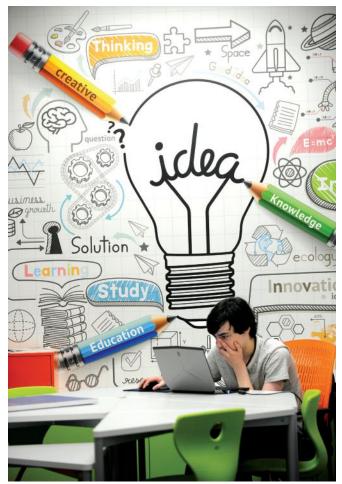
Students sign up for various classes in ways that fit their interests and schedule, as well as the schedules of their family members. There are no grades, no GPA and no set curriculum. Students are assisted in learning the core topics taught elsewhere but the emphasis is on real-world application of these skills, and on developing what the Workspace team calls "mad skills." These range from DJing to cartooning, from science mastery to entrepreneurial undertakings.

Jenai Fitzpatrick has the ambitious job title of "dream director" at Workspace. This means she helps students build strategies to achieve their educational goals.

"I have the amazing job of supporting our kids in manifesting their big ideas, creating the plan to get them from start to finish of whatever it is they want to accomplish," she says. "It's really exciting to see what the potential leads to."

One eighth-grader's list of classes included creative writing, coding, algebra prep, stop-motion animation, 21st-century integrated science, woodworking and advanced cartooning.

The academy was started and funded by Catherine Fraise of Wilton, who also serves as executive director. A native of Australia, Fraise has her master's in education and is a former public school teacher and certified Montessori school teacher. Her own children were homeschooled before they started attending Workspace.



Students are encouraged to think creatively at Workspace Academy. CAROL KALIFF

Fraise has been thinking about education for more than 30 years, and Workspace is the culmination of her educational philosophy.

"I wanted to create a place where your brain really got expanded and you learned to think in all different ways about different problems and you did real-world work. So your education had more meaning," she says. "I also wanted more choice. I saw the evolution in online resources and now we pretty much have the world at our fingertips and we can find any course that's out there for any child. I thought if we could create a place where people came together, anyone who wanted to learn like that, we could help families create the most amazing individualized track for each of their children."

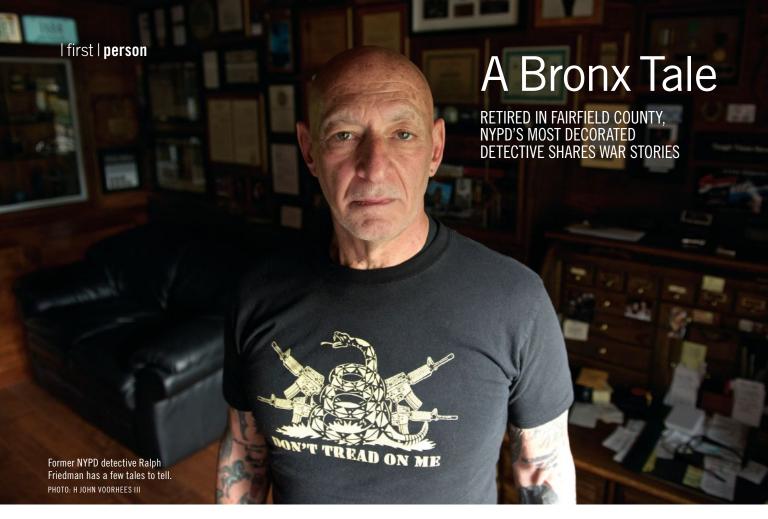
Workspace looks to various educational models for inspiration, including the Harvard Innovation Lab (i-lab). A resource for Harvard students interested in entrepreneurship and innovation, the lab has programming designed to help students grow their ventures at any stage of development across a wide range of disciplines. Another inspiration is the Nuvu Studio in Cambridge, Massachusetts, a full-time innovation school for middle and high school students.

Fraise hopes that Workspace can serve as a model for other educational facilities. Those interested in learning more about the facility, even if they don't have students who plan on enrolling, can schedule tours.

As of this writing, 34 families were enrolled at Workspace. The center has capacity for 125 families. Fraise wants more students, so that "there are enough kids that everybody can find their tribe."

Meanwhile, those who have already discovered Workspace seem to have found their educational model.

Colleges are increasingly open to students with alternative educational backgrounds and Fraise says the skills students develop at Workspace will make them attractive to schools. Ultimately she anticipates colleges will start recruiting Workspace students.



BY JOHN ROCHE

These days, the fact that Ralph Friedman is living in retirement in western Connecticut sometimes takes him by surprise. But for most people who hear the stories about the ex-cop's years of working in the South Bronx during its worst days, it might come as more of a surprise that Friedman is living at all.

"I felt invincible while I was in the middle of it, for some reason," says Friedman, the most decorated detective in the 170-year history of the New York City Police Department. "Now when I look back on some of the situations I was in and the bad guys I was up against, I realize how fortunate I was to make it through alive. Some other great cops didn't."

Lately, Friedman's done a lot of looking back on his 16-year career with the NYPD that stretched from the '70s to the mid-'80s. That's in large part due to a docu-series about his days on the police force, *Street Justice: The Bronx*, first on The Discovery Channel before shifting to the Investigation Discovery channel, as well as a book, *Street Warrior*, chronicling his more than 2,000 arrests and other exploits.

Recounting those tales, including 15 shootouts — four of which resulted in the deaths of the gun-toting criminals shooting at him or other officers — not only stirred up a lot of memories for Friedman, but

have also proven a hit with TV viewers, readers and critics alike.

The office of his Fairfield County home looks like a police museum, its walls and shelves covered with commendations, newspaper clippings, citations and other awards that capture many of the highprofile arrests, life-and-death situations and meritorious actions that earned him 219 police awards and more than three dozen civilian honors.

"I received every medal and honor the police department awards its officers, including the Combat Cross, the department's second-highest honor," Friedman says. "The only one I didn't get was the Medal of Honor, which is primarily awarded posthumously. People who've worked on the television series with me or on the book have reminded me how close I came at times to getting that one. But I'm still here."

The first episode of the series, available online after debuting in September, told the story of Friedman's first fatal shooting, which like the other three in his career, was deemed fully justified after an NYPD investigation.

In November 1972, he and the detective he was on patrol with that day responded to a radio call of a possible burglary in progress. When they arrived at the darkened ninth-floor apartment and identified themselves as police, a bulky, shirtless man emerged from a bedroom and opened fire on the two plainclothes cops. Friedman's partner that day, Kal Unger, was shot seven times, including once in the heart. As his partner lay bleeding profusely on the floor, Friedman got into a struggle with the gunman, and fired a fatal shot into his chest.

"It was my first fatal shooting, but at the time, all I could think of was making sure Kal survived," Friedman says. His partner, rushed to a hospital in a patrol car because police on the scene deemed him too critically injured in the barrage of bullets to wait for an ambulance, pulled through.

"I don't regret any of the fatal shootings I was involved in," Friedman says. "In each case, it was my life or his, and every one of them was a bad guy with a weapon intent on murder."

Friedman's body, still muscular now at age 68 from his days of weightlifting and boxing to keep in shape for the job, is dotted with tattoos, including a pair on his hands: one remembering the lives lost on 9/11, the other on his right-hand trigger finger reading "Justified 4X."

But there are stories with tragic endings, and those are the regrets Friedman carries with him to this day.

His friend and patrol partner, Kenny Mahon, was shot and killed in the line of duty in the Bronx working with another police officer. "December 28th, 1974," Friedman remembers. "There's not a day goes by that I don't think of Kenny, and all the other police officers who put their lives on the line each day."

Growing up in the Bronx, Friedman didn't envision himself as a cop, but followed two friends who were taking the NYPD exam. His brother Stu followed him onto the force, working as a transit police officer. Friedman worked nearly half his career as a plainclothes detective in the anti-crime unit of the 41st Precinct, dubbed Fort Apache because of the chaos and skyrocketing crime that abounded on the streets of what was widely considered the roughest precinct in the world at the time. "They called it Fort Apache because it was like the Wild West, but anyone who worked there or lived there in those days will tell you it was much, much worse," Friedman says of the precinct's notorious era plagued by drug dealing, gang violence and record-high rates of crime and murder.

"I didn't dream as a kid of being a cop, but it was my dream job," he says. "I loved every minute of it. For whatever reasons, I was good at it. And throughout my career, I was at the right place at the wrong time, or vice versa, depending how you look at it."

His legendary career literally came to a crashing halt in 1984, when Friedman's vehicle was T-boned by another police car as they raced to assist another officer. After he was extracted from the wreck with the Jaws of Life, Friedman had to battle his way back to health from 22 broken bones and a crushed hip. He did, but the injuries forced him to retire.

Street smarts, determination to draw the line against criminals while protecting the public and other cops, and physical toughness all helped him in his storied career, but Friedman credits adrenaline with carrying him through. "The book and the TV show are exciting, but there's nothing like the adrenaline rush I felt as a New York City police officer," he says. "Nothing can even come close. And as one of my tattoos says, 'The rush was worth the risk.'"

These days, he's content with the relative thrill from attending book signings, and meeting with TV and film producers about a second season for *Street Justice: The Bronx*.

Friedman is willing to talk about anything from his days on the mean streets, but doesn't want to disclose exactly where he lives. Given that he's been involved in thousands of arrests, his wife, Grace, is cognizant that there are still dangerous people who might have a grudge against the ex-cop.

Friedman's response reflects that he hasn't lost the grit and bravado from his younger days behind the badge. "I lock my door at home, but that's for the protection of anyone who is crazy enough to look for me now, not my protection."

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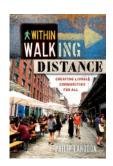
the reading room

WITHIN WALKING DISTANCE: Creating Livable communities for all

by Philip Langdon Island Press 264 pages, 2017

In an era when Connecticut is losing big businesses on what feels like a daily basis, Philip Langdon's new book offers a guide to making communities more appealing that is literally step by step. Langdon, who lives in New Haven, makes the impassioned and convincing case that a place's walkability

can serve as a catalyst for community. A freelance journalist and former senior editor of *New Urban News and Progressive Architecture* who has been published in *The Atlantic* and *The New York Times*, he looks at six areas throughout the country, examining the successful strategies used to create enjoyable walking communities. Among the six are the Little Village section of Chicago, Pearl



District in Portland, Oregon, and Langdon's own stomping (stepping?) grounds in the East Rock neighborhood of New Haven. He writes that when he moved to the area in 1983, it appealed to him because, "In every direction, there was a choice of [walking] routes, with rarely a dead end. It was the opposite of modern suburbs, where cul-de-sacs, meant to eliminate the dangers of through traffic, make every trip longer and more circuitous than it need be." | ERIK OFGANG |

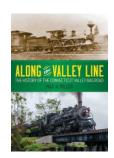
ALONG THE VALLEY LINE: THE HISTORY OF THE CONNECTICUT VALLEY RAILROAD

by Max R. Miller Wesleyan University Press 160 pages, 2017

Ah, the railroads. Just think of it: have a few beers in Old Saybrook, and jump on the train home to

Middletown. It sounds like a possible future but it was an actual past, when the Connecticut Valley Railroad carried passengers north and south between Hartford and Old Saybrook along the Connecticut River. Today you can ride

along a stretch of the



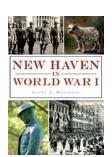
line which has been preserved between Essex and Chester. From Wesleyan's excellent Connecticut-themed Garnet Books series comes a history of the mostly extinct railroad from Max Miller, who should know: he was an employee of the railroad from the 1970s to the '90s. Beautifully presented with maps and photographs, the book will be of interest to those passionate about both local history and transportation, as well as those with an eye toward the transportation systems of the future.

NEW HAVEN IN WORLD WAR I

by Laura A. Macaluso The History Press 174 pages, 2017

"Give my regards to my home town, give all my luck to the boys / Church Street bright and gay, Just like Old

Broadway. / It cheered me up the day I went away. / Remind me to the old white way, where no one ever wears a frown; / Send a kiss to my mother and my love to another; / When you're down in Old New Haven Town"



That's the final stanza of a 1919 anthem sung by soldiers from New Haven on their way to the battlefields of Western Europe. This kind of detail is found in *New Haven In World War I*, just out from The History Press. The book is full of vignettes that detail how the various elements of New Haven civil society — from the Knights of Columbus to the public library system — responded to and participated in the war effort. | MICHAEL LEE-MURPHY |





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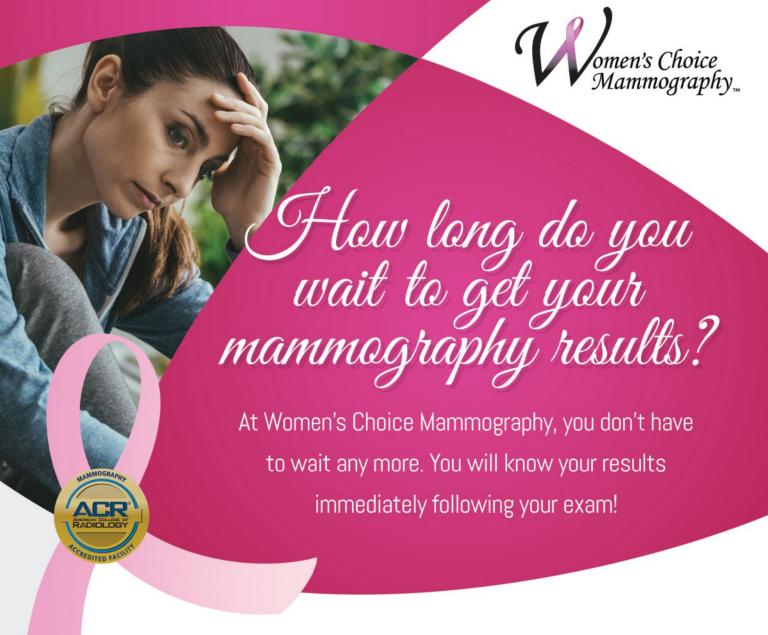


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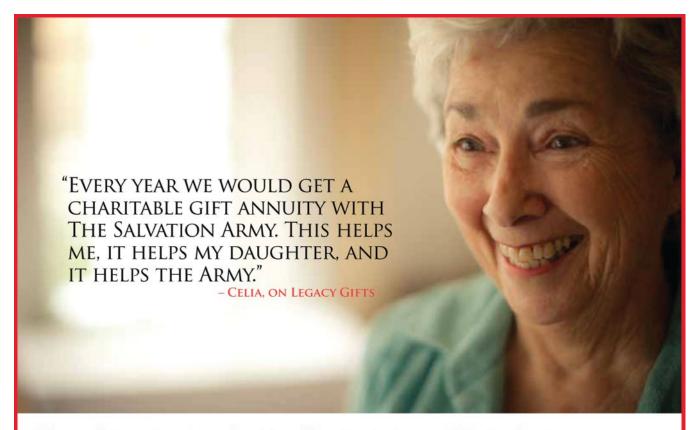


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59	4.3%	68	4.9%	77	6.2%	86	8.0%
60	4.4%	69	5.0%	78	6.4%	87	8.2%
61	4.4%	70	5.1%	79	6.6%	88	8.4%
62	4.5%	71	5.3%	80	6.8%	89	8.7%
63	4.5%	72	5.4%	81	7.0%	90	9.0%

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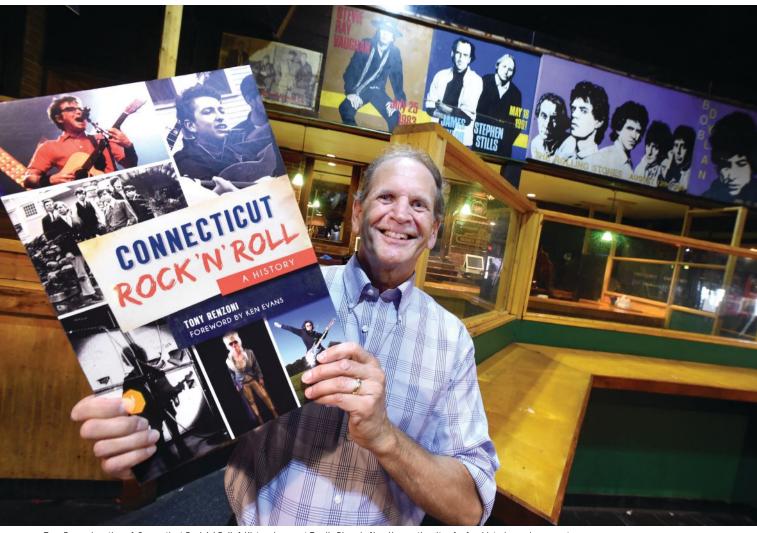
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Connecticut Rocks

NEW BOOK TELLS OF OUR STATE'S OUTSIZE PLACE IN MUSIC HISTORY



Tony Renzoni, author of Connecticut Rock 'n' Roll: A History, hangs at Toad's Place in New Haven, the site of a few historic music moments. PHOTO: ARNOLD GOLD

When Tony Renzoni arrived at Toad's Place, the legendary New Haven music club, he was carrying a shopping bag that included two Gene Pitney albums and a transistor radio from his youth on which he had written "Independence."

"This is what gave teenagers independence," he quickly says. "They could tune out their parents and teachers and listen to whatever they wanted."

Renzoni highlights the advent of the transistor radio in his book *Connecticut Rock 'n' Roll: A History*, published earlier this year by History Press. He wrote that the tiny radio's debut in 1954 "brought about a major change in popular-music listening, allowing people to listen to their favorite radio station and disc jockey whenever and wherever they went."

He noted the earplug was the key.

As a kid growing up in Waterbury, Renzoni listened to the local DJs, jotting down the stations' weekly surveys of what songs were on the charts. (The WAVZ surveys featured at the bottom of the sheet a local female teenager, dubbed "cutie of the week.")

But Renzoni had another source of interesting rock 'n' roll music. "My big brother, Vince, would bring home these great 45s [45-rpm records]. I was 8 years old. He was introducing me to Elvis, Jerry Lee Lewis. He'd play side A and then flip it over. I got to hear music you didn't hear on the radio." (Renzoni can still remember the flip side to Lewis' hit "Breathless" — it was "Down the Line.")

Meanwhile, when he turned on

WNHC-TV out of New Haven, he got to see his older sister, Marie, dancing on *Connecticut Bandstand*, the local version of Dick Clark's *American Bandstand*.

In his book, Renzoni listed some of the local talent that appeared on *Connecticut Bandstand*: Debbie and the Darnels, the Academics, Roger Koob and the Premiers, the Pyramids, and Ron and His Rattletones.

In addition to chronicling Connecticut's significant contribution to rock 'n' roll, a prime reason for Renzoni writing this book was to shine a light on those oftenforgotten regional bands. "There have been so many talented artists in Connecticut but they weren't given their due. They were neglected by rock historians."

Renzoni can't believe that the Wildweeds, out of Windsor, who had a

hit, "No Good to Cry" in 1967, never made it big, never again landed on the charts. "I can't understand it. Lots of people in Connecticut are still shaking their heads about that."

But Renzoni noted in his book that Al Anderson, an original member of the Wildweeds, did go on to sustained recognition with NRBQ, who scored with the song he wrote, "Ridin' in My Car."

Renzoni's book features a foreword by Ken Evans, who toured with "the Rockville Rocket," Gene Pitney, in 1967 when Evans was the drummer for the Fifth Estate, out of Stamford. You might remember them for their 1967 smash hit "Ding Dong! The Witch Is Dead."

In his foreword, Evans recalled the opening night of that 1967 tour, at the Bushnell Memorial in Hartford. The other musicians took bets backstage on whether Pitney could hit the incredible high note on "I'm Gonna Be Strong."

"He hit it!" Renzoni recalls. "Here was this skinny guy but he almost blew the roof off."

A 214-page paperback listed for \$21.99, Renzoni's book includes many evocative and historic black-and-white photographs, including contributions by Joe Sia, who seemed to be at every important show. The cover of Renzoni's book features Sia's iconic shot of Jimi Hendrix at Yale's Woolsey Hall, taken Nov. 17, 1968.

Renzoni naturally focused on the Five Satins, who in 1956 went into the basement of New Haven's St. Bernadette's Church and recorded several songs, including "In the Still of the Night," one of the biggest songs of all time. Fred Parris, the group's lead singer, wrote it while on guard duty for the U.S. Army in Philadelphia.

In that same neighborhood close to St. Bernadette's lived two kids named Karen and Richard Carpenter. While Karen played baseball, Richard worked on his music; their parents moved to California in 1963 to help launch his career. After Karen found her voice, they sold more than 100 million records.

Renzoni's book is peppered with colorful events at rock 'n' roll shows, such as the night Jim Morrison of The Doors was busted on-stage at the New Haven Arena (Dec. 9, 1967). Renzoni doesn't write much about it but his book includes the famous Morrison mug shot.

And did you know that Bob Dylan performed outside the Montowese House in Branford for the Indian Neck Folk Festival in May 1961? The book has a photo of him singing at the event.

During our interview, which began outside Toad's, we notice the door is open and walk inside. Some roadies agree to let us do our photo shoot in there, so we gravitate over to a wall with a drawing of the Rolling Stones. The Stones did

a legendary surprise show there for 700 amazed and lucky people on Aug. 12, 1989. (I show Renzoni where I was standing that night, about 15 feet away from Mick Jagger.)

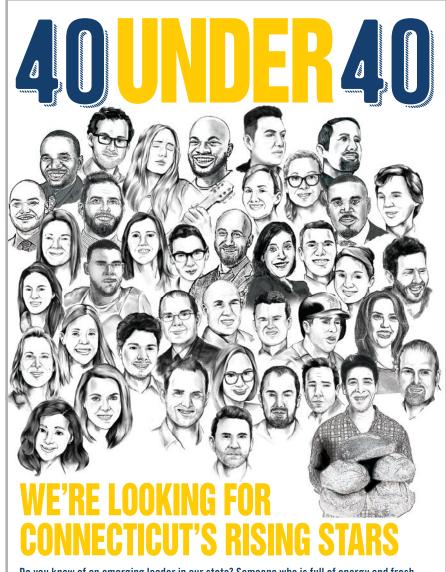
A funny thing about those Stones: one of the nuggets in Renzoni's book reveals they were booked to perform at the New Haven Arena on June 18, 1964. Well, the show was canceled because so few people in Connecticut had heard of them at that time.

Renzoni, 68 and now retired, spent his working life as a district manager for

the U.S. Social Security Administration. He has collected about 10,000 45s and hundreds of albums, along with three jukeboxes. Alas, it's all in storage because he and his wife recently down-sized, moving to Branford.

"When I go to a store and see a record I want to buy, my wife says, 'Take it easy.'"

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.



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NOMINATE SOMEONE TOD



Where the Need is Greatest

ACCESS COMMUNITY ACTION AGENCY FACES NEW CHALLENGES IN ASSISTING QUIET CORNER'S POOR

We often hear about how much work goes into getting wealthy. More rarely do we hear about how much work it is to be poor. Long work hours and strained ties with family and friends are a common feature of life for the working poor.

Kathleen Krider, a senior director of community engagement at Access Community Action Agency in Willimantic, comes to her work armed with this understanding. "It's exhausting to be broke," she says.

Her agency is on the frontlines of poverty in Connecticut's poorest region. Access offers a full range of services in Tolland and Windham counties, and weatherization assistance and youth services in New London County. At Access, she says, anti-poverty work falls into distinct seasons, each with a particular set of challenges and programs. Fall and winter is energy season, when people in the region apply for financial assistance with the cost of home heating oil. According to Peter DeBiasi, the president and chief executive of Access, last year there were roughly 7,000 applications, from which about 6,500 people qualified. During a spike in the price of oil a few years ago, DeBiasi says, Access peaked at just under 7,600 households that received assistance, out of about 8,200 who applied.

The decline in applications disrupts a number of misconceptions commonly held about those seeking financial assistance. "Since oil prices have declined, and the last two winters have been warmer, we've seen fewer applicants, which sort of flies in the face of this stereotype that people will get whatever they can, a free ticket. They really only come in when they need it," DeBiasi says.

Another stereotype that falls away for those at Access is the notion — or the accusation — of people receiving assistance and services feeling "entitled" to them. Ken Avery, who came to work at Access after having been a customer, says people who are in genuine need of services are often hesitant to access them. "A lot of seniors had that outlook: I don't really need it; somebody needs it

more than I do," Avery says.

While poverty and food insecurity exist to varying degrees in all four corners of our state, the Quiet Corner is faced with a particular set of challenges in the 29 towns in the Access coverage area. DeBiasi points out that unlike other regions in Connecticut, there are very few large employers in the area. (UConn would stand as a notable exception.) Secondly, because the area is so rural, there is no real reliable public transportation system, making it difficult for those in precarious situations to get to services.

While some of the obstacles faced by Access' clients living in poverty are structural in nature, still more are topical, related to the difficulties of the state budget. As deadline after deadline was missed by legislators in Hartford to pass a budget, round after round of funding cuts have hit Access hard in recent months. The organization lost an \$850,000 grant from a state Department of Energy and Environmental Protection program after a series of executive orders trimmed state operating costs, meaning Access had to lay people off. Because of the layoffs, they lost a state Department of Economic and Community Development small business loan meant to boost employment. In all, Access had to lay off nine people because of the reduction or elimination of various funding streams, or roughly 10 percent of the staff.

That an organization dedicated to lifting Quiet Corner residents out of poverty was, in fact, adding to the ranks of the unemployed is an irony not lost on the employees at Access. "It puts more pressure on those of us in the work to be more creative as to how to provide for those who need. We have to come up with much more interesting ways of providing services," Krider says.

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.

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Under the guidance of Artistic Director Victoria Mazzarelli and Ballet Master Tim Melady, this full-length *Nutcracker* features original choreography set to Peter Tchaikovsky's musical masterpiece. All dance roles in this timeless ballet feature the talented trainees of The Nutmeg Ballet Conservatory, along with cameo roles performed by students from The Nutmeg's affiliated children's program, The Torrington School of Ballet.

The young artists in the production hail from 14 different states plus Canada and the Philippines, choosing to complete their classical ballet training at The Nutmeg to hone their craft and develop their artistry. Along with dazzling costumes, sets, and lighting, the dancers bring magic alive on stage in what has become a treasured annual tradition for families around Connecticut.

The Nutmeg's *Nutcracker* features additional choreography by Eleanor D'Antuono, Susan Szabo, and Joan Kunsch. Guest Artist Thomas Evertz, an accomplished European stage actor, appears once again in the role of the mysterious Dr. Drosselmeyer.

Founded in 1969 by Executive Director Sharon E. Dante, The Nutmeg Ballet Conservatory provides professional-level ballet training to aspiring young dance artists. Today, The Nutmeg is recognized as a major professional ballet training organization. Graduates of The Nutmeg appear in over 65 dance companies around the world and many can proudly say that they began their stage career while appearing in The Nutmeg's *Nutcracker*.

You can see *The Nutcracker* over two weekends this holiday season: December 9-10 at the Warner Theatre in Torrington, and December 16-17 at The Bushnell's Belding Theater.

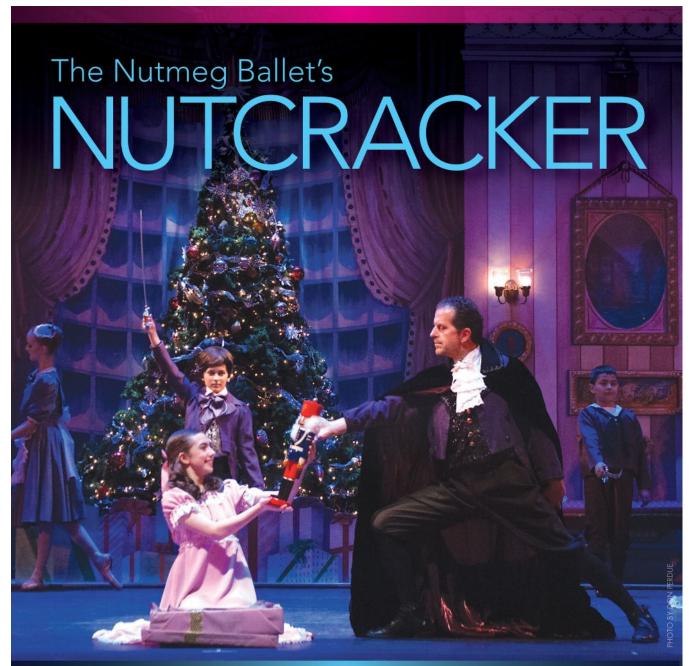




PHOTO BY DON PERD



For tickets or information about The Nutcracker or The Nutmeg's training programs, please visit



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nutmegballet.org/nutcracker

THE NUTMEG BALLET CONSERVATORY





GREAT GUNS

HOTO: HENRY LEUTWYLER

There are some 300 million guns in America; one for every man, woman and child in the country. A new exhibit at the Ezra and Cecile Zilkha Gallery at Middletown's Wesleyan Center for the Arts, titled Up In Arms, has 13 artists explore "access to and the use of firearms, examining and representing the role that guns continue to play in our national mythologies and pathologies,

suicide and homicide rates, domestic violence, and mass media." The exhibit is free and open to the public. wesleyan.edu/cfa

U-C-O-N-N

Every new season is full of hope. And for our **UConn Huskies** basketball teams, many new faces bring plenty of hope. Last season was disappointing for both the men and the women. (For the women, that means going 36-1 and losing in overtime in the Final Four.) The men start on Nov. 10 at Gampel Pavilion against Colgate, and in Hartford against Stony Brook on Nov. 14. The women tip off on Nov. 17 at Gampel against California, and on Nov. 19 in Hartford against Maryland. uconnhuskies.com

RESCUE ME FROM MYSELF

Denis Leary — the tried and true, classically American voice of skepticism — has a new book, Why We Don't Suck, a follow-up to his 2008 broadside Why We Suck. Confused about whether we suck or not? Check out Leary on Nov. 13 at College Street Music Hall, in an event sponsored by R.J. Julia Booksellers. The \$35 ticket comes with a copy of the book. The show starts at 8 p.m. collegestreetmusichall.com

SHOP TILL YOU DROP

Celebrate the arrival of the holiday season with style in downtown New Haven, where the Trinity Church on the Green is hosting its 25th annual Holiday Bazaar Nov. 16-19. If you love holiday shopping, you can do it locally. If you hate it, you can at least avoid the mall. The free-admission event, which features handmade ornaments, clothing, cookie walk, bake sale, silent auction and food court, opens at noon Thursday and closes at 1 p.m. Sunday. trinitynewhaven.org/holiday-bazaar

this month front row

Journalist and TV host Anderson Cooper and TV personality and producer Andy Cohen not only share celebrity and initials, they also share a longtime friendship. While Cooper, who has a home in Connecticut's Northwest Corner and is the son of fashion icon Gloria Vanderbilt, and Cohen, host of the Bravo talk show Watch What Happens Live and the new Love Connection on Fox, originally started out as potential dates for each other, the relationship instead turned into a stellar "bromance" that is now more than two decades old. The two have paired up for a live stage show called AC2, coming to Wallingford's Oakdale Theatre on Nov. 4 at 8 p.m. Cooper and Cohen shared their thoughts on the show. relationships and why their show is just a fun night out with the guys.

Where did the idea for AC^2 come from — after a drunken night of partying, after a yoga class, while lying around the pool one day?

Cooper: It was a little more sedate than that! When Andy's first book came out, I interviewed him at a program that was on stage. We had so much fun doing

that show. My agent was there and at the time, Bill O'Reilly and Dennis Miller were doing their live show. My agent said, "You could take this show with Andy on the road." Andy and I looked at each other and really didn't think it could happen. But we booked one in Boston, it went well, and now we have done 25 to

How do you decide what to talk about at each show?

Cohen: [Unintelligible]

Cooper: Andy? Where are you, Andy?

Cohen: I'm home. I'm on the speakerphone.

Cooper: You always have a problem. You're either eating or on the speakerphone. No one can understand you.

Cohen: The material evolves for each show. It's never the same. I mean, there are some stories that I won't repeat in print that are better to keep between us and a live audience. But we do make sure we are up to date on topics. If Anderson has just had some huge interview or something or there is some pop-culture firestorm happening, we will talk about it. The program is always evolving.

Is the intent of the show to entertain or inform?

Cooper: We want to entertain. We want this to just be a fun night out for all of us. We don't want it to be about politics. I am in politics all day long and I think people want to go to an event, not a lecture. We get so many people in the audience who want to have a drink with us, a lot of women

with girlfriends who have a couple of

with them at the show.

glasses of wine with dinner before the

show. And then we do have tequila

Cohen: Anderson is not really a drinker, so that part is on me. But we call it "Fresquila" (Fresca and tequila).

You guys have been buddies for a couple of decades now. How did the friendship start?

Cooper: We were set up on a blind date but we never did have the date. Actually, it was just a phone call. Andy was gesticulating a lot and he also violated my cardinal rule during the phone call. He asked me about my mom. So I knew it wasn't going to turn into anything.

Cohen: So the date thing didn't work out but we did hang out in the same social circle and had a lot in common and we wound up becoming great friends.

How did you decide who would get top billing on this show? I mean, alphabetically speaking?

Cohen: I forced Anderson to take top billing against his will.

Cooper: Andy insisted on me getting top billing and I really don't know why unless he plans to use it against me later down the road.

Cohen: It's always good to have a couple of things against friends!

Has doing this prompted any ideas of having your own TV show together? You know, some kind of talk-show thing?

Cohen: We both have 18 other jobs, so while I think we would like to, there is just no time.

Cooper: And this is really a special opportunity the way it is. We not only get to hang out as friends but we get to do it before a live audience. And there is nothing like that.

What do you two, as friends, disagree on? Have you ever had a full-blown "friends" argument, you know, relationships, politics, the best restaurant ever?

Cohen: I think we don't argue that much because we are fairly good at reading each other's body language. We know what not

Cooper: Andy is the easiest person to get along with. Andy is the life of the party. I am very introverted and brooding. But Andy has a very good sense of people. He knows when to leave me alone. We have amazing times on the road and love meeting people.

What passions do you share?

Cooper: Well, we both like guys. And it is nice to have a friend who also works on live TV and understands the pressures and the experiences. We both like the art of storytelling and having conversations.

Cohen: We both like to travel and like to read.

What's the secret to a stellar friendship?

Cohen: I think it's listening to the other person. Friendship should be easy. For me, I don't have time for friendships that are not joyous.

Cooper: I don't know. I wouldn't pretend to tell people how to be friends, but I think common interests, not being competitive and sharing a sense of humor are important.

Anderson, what do you know about Andy that most people don't know or would be surprised by?

Cooper: The person you see in this show and on TV or radio or Love Connection is exactly the same in real life. He is exuberant, friendly, he loves pop culture. And that he is who he is all the time comes across when he is on stage.

Andy, what do you know about Anderson that most people don't know or would be surprised by?

Cohen: I think they'd be surprised at how funny he is. And what a great storyteller he is. | MARYELLEN FILLO |

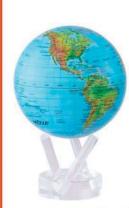
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The Sounds of Home

THESE LOCAL RECORD LABELS CHURN OUT IN-DEMAND MUSIC BY MICHAEL LEE-MURPHY

Live in New Haven by Aci Mothers Temple (Safety Meeting Records). Right: The unnatural world by Hav a Nice Life (Enemies List)

This edition of our monthly local arts and culture roundup is for the true nerds, the ones who get a kick out of seeing the name of a local town on the labels of a cassette tape, CD or piece of vinyl. It's a similar feeling to drinking locally brewed beer, or eating locally. Just as locavores crave the taste of home, these record labels give us the sound of home. In the interest of timeliness, the labels on this list are restricted to those that have released music in the recent past. These labels put out mostly small-run releases, and the best place to find them is at your local record store.

SAFETY MEETING RECORDS

NEW HAVEN

One of many labels from the famously active music scene in New Haven, Safety Meeting Records is also one of the more prolific outfits in the state, having put out dozens of records in the last decade. Highlights include the gorgeous triple vinyl release of Japanese cult icons Acid Mothers

Temple's live show at New Haven's Cafe Nine, and local D-beat stalwarts Iron Hand. safetymeeting.net

TWIN LAKES RECORDS

NORTH BRANFORD

This label has no particular niche to fill, rather it puts out a broad range of weird and excellent music. From Connecticutbased, no-wave free jazz noodlers Rivener, to more straightforward indie rock from Australian Michael Beach, Twin Lakes Records — named after Twin Lakes Road in North Branford — draws from a diversity of local tastes. twinlakesrecords.com

CARIBBEAN SERPENT

NEW HAVEN

After having been killed off by the CD and the mp3, vinyl has come back with a vengeance. Believe it or not, in 2017, cassettes are on their way back, too. Many do-it-yourself local musicians are opting to because of the cost of vinyl. New Haven's Caribbean Serpents had a local hit with their release of rap group Political Animals, on an orange cassette tape, a throwback to when rappers distinguished themselves by the color of their tapes.

facebook.com/caribbeanserpent

ENEMIES LIST HOME RECORDINGS

MIDDLEFIELD

With its brooding imagery and general spookiness, this Middlefield outfit has garnered a cult following in more ways than one. Collectors from across the country snap up Enemies List limited releases for as much as \$80 online. Much of the music is of a moody new wave idiom, or what has been called doomgaze, and the imagery makes gestures toward the history of the occult in New England. Releases from bands such as Have a Nice Life are sought all over the country and the world. enemieslist.net





FIREHOUSE 12

NEW HAVEN

Firehouse 12 is remarkable: an excellent bar, performance space, recording studio, and record label all under one roof on Crown Street in New Haven. The focus here is avant garde jazz, and the records traverse sounds as broad as the genre allows. In what is a coup for a local label, they have recorded and released several albums from experimental jazz legend Anthony Braxton. firehouse12records.com

REDSCROLL RECORDS

WALLINGFORD

Since it started some 15 years ago, Redscroll has been one of the most important Connecticut forces in local music. Specializing in hardcore and punk in its early years, Redscroll has since broadened its horizons considerably, in 2015 putting out Philadelphia spaced-out drifty rockers Hex Inverter. redscrollrecords.com

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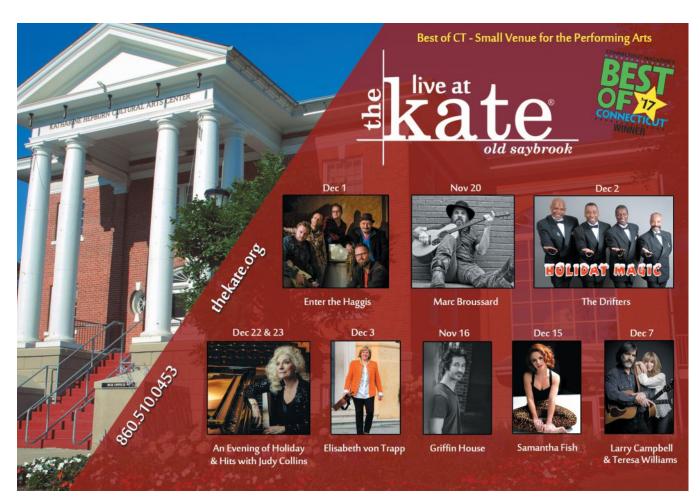
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Setting the Holiday Table

Baccarat, a Champagne Luncheon on the Terrace and a Connecticut Tobacco-Themed Table at This Year's 'Set To Celebrate' Event

In case you haven't been watching the calendar, it's nearly the holiday season again, and that means entertaining. It's time to tend to tables, linens, china and flowers, all the eye-catching accoutrements that make your home a place to celebrate.

Find that creativity and inspiration in November as the Connecticut Valley Garden Club hosts its seventh annual "Set To Celebrate" event featuring more than 30 extraordinary tablescapes designed by decorators, businesses, organizations and individuals.

This year's fundraiser opens Nov. 2 with a preview party and continues Nov. 3-4 at the Town & County Club in Hartford.

Highlights of the 2017 event include a collaboration between Lux Bond & Green and French crystal maker Baccarat, and an homage to Connecticut's tobaccogrowing history with a table designed by Sue Shepard reminiscent of the times when cigars were enjoyed in the parlors of elegant clubs and homes.

Among the participating designers

are Robin Jones of Robin Jones Designs; Kathleen Schwartz of Designs by Kathleen; Rebecca Charamut of Inspired Interiors; Kristen McCory of McCory Interiors; Bill Cusano of De Vars-Phillips Florist & Antiques; Lisa Wilde of E.K. Wilde; Robert Friedhoff of LCR Interiors; Heather Grahling of Vivid Hue Home; and Sandy Lamos of A Special Place Floral Studio.

Tablescapes will display live floral designs and the event will also include a hostess-gift boutique and a tabletop tag sale of dinnerware, accessories, crystal, linens and other "finds" for entertaining and decorating.

Proceeds will be used to fund new landscaping at the Noah Webster House, a national historic landmark in West Hartford, and will continue to support the Heritage Rose Garden at Hartford's Elizabeth Park.

Past garden club projects have included Sunrise Overlook at Elizabeth Park, The Hill-Stead Museum Sunken Garden in Farmington (along with the Garden Club of Hartford) and the Connecticut Children's



Medical Center topiary garden in Hartford. Tickets for the preview party, which includes hearty hors d'oeuvres and libations, are \$125 per person. The reception begins at 6 p.m. Tickets for Nov. 3-4 are \$25 online and \$30 at the door. "Set To Celebrate" is open both days from 10 a.m. to 5 p.m. | MARYELLEN FILLO | ctvalleygardenclub.org





Headed into the first turn at Lime Rock Park in Lakeville at about 100 mph, I realized I had made a mistake.

Called "big bend," the first and second turns at Lime Rock are two rapid-fire right turns that together form one monster curve. I came into this curve too fast for my abilities, way too fast, and as I tried to correct by slamming on the brakes and turning hard I felt everything shake as my vehicle skidded out of control and off the track. As my car flipped into the air, the steering wheel spun out of my hands with a violent force and the hilly Connecticut countryside that surrounds the track spun round and round before my eyes.

Fortunately, when the crash was over the only thing bruised was my ego.

I was at Crimson Simulation in Norwalk, driving a car simulator, not a race car on an actual track. Crimson Simulation makes and sells some of the most realistic carsimulator systems around. They also allow customers — who have a driver's license to come test various simulations. Doing so is an out-of-the-ordinary experience every bit as immersive as some virtual-reality systems I've tried.

As snug as a real race car, the seat is placed on a hydraulic platform that banks and turns with each bump and curve of the road. Pushing down on the brake requires more force than in a regular car, just as it

does in most race cars, and the wheel spins with hundreds of pounds of hydraulic force, enough to break your wrists if you don't let go after a crash, Crimson Simulation owner Naid Naydenov says. The seat is a few feet away from three screens that provide straight-ahead and peripheral views of the track.

In addition to owning the place, Naydenov is the mechanical mastermind and computer wiz responsible for the various car simulators at Crimson, which offers both manual and automatic driving.

"I've always been into cars, driving and racing, and also computers," he says.

That proved the perfect combination of passions for his current business. He started making simulators as a hobby in the 1990s. A few years ago he began selling them to race car pros and enthusiasts and opened the showroom and riding room in the summer of 2016.

"There's no other place like this," he says, adding that the experience is constantly improving. "When new technology comes out, we get our hands on the latest and greatest."

Naydenov's clients include Parker Kligerman, a professional stock car racer and analyst for NBC Sports Network. Kligerman's passion for Naydenov's simulators was chronicled this summer in a Wired story with the headline: "To Drive Like A NASCAR

Star, Break Out The Video Games."

Crimson Simulation occupies a suite of offices on the second floor of a nondescript Norwalk office building. Serving as Naydenov's showroom for highend simulator clients, the location is an attraction in its own right.

Professional racers regularly come to ride the simulators. Shortly before my visit a group of out-of-town racers had practiced racing Lime Rock prior to a race at the Connecticut track. There are also frequent visits from simulation-racing enthusiasts and newcomers to the sport.

"Some [regulars] have never been on a racetrack," Naydenov says.

There are regularly scheduled race nights and a variety of race-length options ranging from \$39 for a 1-hour quick drive to \$69 for a 2-hour pro-race experience.

In addition to Lime Rock, there are dozens of famous national and international tracks to choose from, as well as various cars, from different racing series. There are also simulators designed specifically for different styles of racing, including driftracing sims that sweep the driving seat back and forth from left to right. On the more advanced simulators, the only thing missing is the g-force of driving at high speeds, and, of course, the pain of injuries from crashes like the one I suffered.

203-842-8582, crimsonsimulation.com



Connecticut's Top 10 Musicals

A PERSONAL LIST FROM A CRITIC WHO'S (ALMOST) SEEN IT ALL

BY FRANK RIZZO

As with the plays I wrote about last month, I've often been asked to reveal my favorite musical among the thousands of shows I've seen over 40-plus years of theater-going in Connecticut. (Add another decade when I was a theater-obsessed boy catching musicals in New York.)

The answer was always easy: A Chorus Line, only recently supplanted — or supplemented, as I prefer to say — by Hamilton. But when it comes to specifically Connecticut-produced musicals, it gets trickier to come up with a singular sensation. Or even 10 of them.

Yes, I missed a few of the great ones at Goodspeed Opera House: Man of La Mancha, Shenandoah and Annie, which happened just before my time here. (Despite Annie's Broadway success, it was in rough shape here, though came nowhere close to my favorite Connecticut disaster show of all time: Mark Twain: The Musical, a Limburger of a show if there ever was one.)

I'm also excluding touring musicals at presenting houses such as Hartford's

Bushnell or New Haven's Shubert, though the Shubert was *the* theater for all Broadway-bound shows during the Golden Age of Musicals. Again, before my time.

I am also not including shows done at Goodspeed's Norma Terris Theatre in Chester because these are workshops, oops, I mean "developmental productions," which exclude critics. Also nixed are shows at the National Music Theater Conference at the Eugene O'Neill Theater Center in Waterford because these shows are staged readings — though musical aficionados would give their aisle seat to have been at the first look-see of *In the Heights, Avenue Q or Nine* there.

The following is my top 10 Connecticut musicals in the order I saw them:

The Frogs

Yale Repertory Theatre, 1974

This was my first trip to New Haven and it was love at first sight. A Stephen Sondheim enthusiast, I found this show — which featured then-Yale School of Drama students Meryl Streep, Sigourney Weaver and Christopher Durang in the chorus

— musical heaven, and not just because I was in the rafters at the Payne Whitney Gymnasium's swimming pool. It was a ribbiting, er, I mean, riveting experience.

Mahagonny

Yale Repertory Theatre, 1978

Rep founder Robert Brustein loved Bertolt Brecht and produced three versions of the Brecht-Kurt Weill show at Yale. This chamber version was conceived, adapted and directed by Keith Hack and featured Ellen Barber, June Gable, John Glover, David Alan Grier, John Seitz and Jeremy Geidt, all showing how fierce a musical that had something to say could be.

Oh, Kay!

Goodspeed Opera House, 1989

This all-black production was dazzling, reinterpreting and reclaiming Gershwin in a tap-happy show that was elegant, silly and a pure joy. Producer David Merrick saw the show here and took it to Broadway, making it the last hurrah for the legendary showman. He had great taste till the end.



Falsettos

Hartford Stage, 1981 and 1990

Taking William Finn's two one-act musicals that bracketed the decade, March of the Falsettos (1981) and Falsettoland (1990), the whole became so much larger than the sum of its parts, as Frank Rich wrote. Happening at the height of the AIDS epidemic, the musical was directed and choreographed with tender care by Graciela Daniele. I still get chills remembering the show's finale when a representation of the AIDS quilt was unfurled. The concept and buzz of the production was later appropriated by James Lapine, who would stage the joint work on Broadway. But the heart and the soul of this special coupling was in this Hartford production.

The Most Happy Fella

Goodspeed Opera House, 1991 and 2013

Oh, which fella to choose? In 1991, a stripped-down version of Frank Loesser's overlooked show used two pianos and it was a revelation of the essence of this musical. But for the full emotional effect I'd go with Rob Ruggiero's 2013 staging, which returned to the lush orchestrations that were music to my ears and made my heart full.

Triumph of Love

Yale Repertory Theatre, 1997

A comedy of manners by 18th-century French playwright Pierre de Marivaux was turned into a delicious bon-bon of a musical, presented in the very best of taste. Music was by Jeffrey Stock, staging by Michael Mayer, lyrics by Susan Birkenhead, and a smart and witty book by James Magruder. It later moved to Broadway with just two members of the Yale cast and was delightful there, too.

Pop!

Yale Repertory Theatre, 2009

A musical about Andy Warhol, who was famous for his passivity, might not be a natural fit, but newcomers Maggie-Kate Coleman (book and lyrics) and Anna K. Jacobs (music), and veteran stager Mark

Brokaw cleverly captured the fun, freedom and attitudes of the era of a superstar culture. It popped for me.

Show Boat

Goodspeed Opera House, 2011

I was on board as this landmark musical was retooled yet again, this time on a more human — and playable — scale. Making it leaner, shorter and, in many ways, sharper under Rob Ruggiero's director/adapter hand, it zeroed in on the show's dramatic and emotional core, while still capturing the show's grand sweep.

February House

Long Wharf Theatre, 2012

What would it be like to have a Brooklyn boarding house with residents including poet W.H. Auden, composer Benjamin Britten, author Carson McCullers, and burlesque star Gypsy Rose Lee, among others? This was the most fascinating, beguiling, original musical I've seen in years, as it touched on the role of art, artists and the "real" world in which they live. It also introduced a fresh, boundary-breaking talent to musical theater in composer Gabriel Kahane.

A Gentleman's Guide to Love & Murder

Hartford Stage, 2012

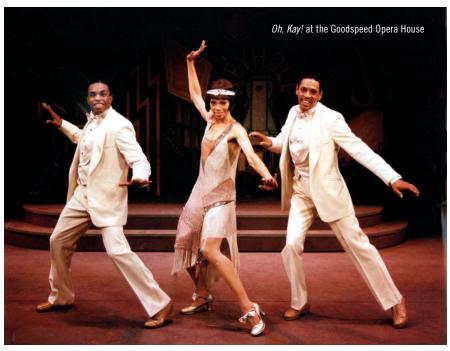
In my Variety review I wrote, "style was of the essence" in the deliciously dark, elegant and playful musical comedy in this world-premiere production that went on to Broadway, winning the Tony Award for best musical the following season. It was a gorgeous, funny and melodious work that director Darko Tresnjak artfully guided. Plus, it had a killer-diller performance by Jefferson Mays that still makes me laugh out loud when I think about it. (Splat! Those bees! Hedda!)

Close, But...

The musicals that *almost* made the cut include my first visit to Goodspeed in 1978 and being swept back in time to another musical era with *Tip-Toes* and *Whoopee*. Other Goodspeed marvels that could have easily been listed were 2001's Brigadoon and Carousel in 2012.

I also have fond memories of Spokesong at Long Wharf in 1978. And closer to the present, I can still feel the electricity in the audience for an epic Anastasia at Hartford Stage just last year. On the other hand, Next to Normal at TheaterWorks just a few months ago was bracingly intimate. And for the love of Sondheim, earlier this decade there was a sublime Into the Woods at Westport Country Playhouse, which once again proved that the power of great musical storytelling can be remembered for a lifetime. Mine included.

What were your favorite musical productions in Connecticut over the decades?











The new tour — overseen by **Matthew Bourne** and **Cameron Mackintosh**

— now offers 21st-century, high-def projections, immersive sound and other spectacular touches to the musical, which is approaching its 30th anniversary on Broadway in January.

Frank Tavera, executive director of the Palace, says it will be an even more dynamic production than previous tours — and that his theater is the only venue in Connecticut which can accommodate the new version. It runs Nov. 15-26.

The show, performed by a cast and orchestra of 52, features new scenic designs and choreography by **Scott Ambler**, and staging by **Laurence Connor**. **Maria Björnson**'s spectacular costumes will be true to the original. The production will also feature the tour's first black Phantom: **Derrick Davis**.

Tavera says the Palace, with its "European-classic feel," is perfect for the show's sense of grandeur.

For those fans who have seen the original, Tavera, who can't mask — or even half-mask — his excitement, says, "you'll now get to see the show in a different, more engaged way and from a different perspective because now the production envelops you."

palacetheaterct.org

ROMEO AND JULIET REDUX

It will be Mark Lamos' fourth

go-round in directing Romeo and Juliet when it plays Westport Country Playhouse Oct. 31-Nov. 19. (Lamos fans may remember a stellar production starring a young Calista Flockhart as Iuliet and Robert Petkoff as Romeo in the 1995 Hartford Stage production.)

How is he envisioning the show this time?

"I thought about doing a semi-modern dress version with hip-hop music for

a while," Lamos told me as he began rehearsals. But in the end he opted for a more traditional — and opulent (with a cast of 20) — approach for the theater, which hasn't done many

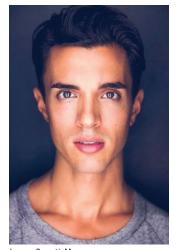
works of the Bard in its 87-year history. "Shakespeare never had a happy bed

here," he says. "He never became a [Westport] playwright."

Though James Cusati-Moyer, who plays Romeo opposite Nicole Rodenburg as Juliet, is of Syrian heritage, that sense of ethnicity isn't a factor in Lamos' vision for the production though he briefly toyed with that possibility. "It's best to leave that approach to a director of that cultural heritage," he savs.

What continues to inspire him to direct it once again is the language of the play.

"Somebody once said, 'Nobody talks quite the way they talk,' and that's right," Lamos says. "This is how we wish we could speak." westportplayhouse.org



James Cusati-Moyer





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Middlesex Hospital recommends lung cancer screenings for anyone between the ages of 55 and 77 who currently smoke, or who quit smoking within the last 15 years.

To get a lung cancer screening, you must have a referral from your health care provider. If your doctor decides a screening is appropriate, your information will be sent to Middlesex Hospital's radiology central scheduling office and an appointment will be made.

You do not need to do anything special to prepare for a lung screening. The screening includes a low-dose lung scan, often referred to as a "CAT" scan, and it shows detailed pictures of the chest. This allows medical professionals to detect very small nodules or swellings in the lungs.

Once the lung scan is taken, a board-certified radiologist will review it. If something abnormal is found, your doctor will contact you.

Private insurance companies cover lung cancer screenings for high-risk individuals. The Centers for Medicare and Medicaid Services also cover the screenings. Some companies may require prior authorization.

Middlesex Hospital offers lung cancer screenings at the following four locations:

- Middlesex Hospital 28 Crescent Street Middletown, CT 06457
- Middlesex Hospital Outpatient Center 534 Saybrook Road Middletown, CT 06457
- Middlesex Hospital Marlborough Medical Center 12 Jones Hollow Road Marlborough, CT 06447
- Middlesex Hospital Shoreline Medical Center 250 Flat Rock Place Westbrook, CT 06498

To help you through the screening process, the Hospital matches you with an experienced nurse called a lung nurse navigator. The lung nurse navigator will also help you better understand a lung cancer diagnosis and will help you through your treatment plan.

Middlesex Hospital has a fantastic team of experienced health professionals, including surgical, medical and radiation oncologists, radiologists and nurses, who are waiting to help you. They use the latest treatments and technologies to treat lung cancer patients.

For more information about the Middlesex Hospital Cancer Center, visit www.middlesexhospital.org, or call 860-358-2000.





NEW, OLD CHRISTMAS PACKAGES

Is it Christmas yet?

It sure feels that way — even before Thanksgiving — with several productions with holiday themes opening at venues around the state.

Matt Lenz, now in his fourth time as director of the tour of the delightful family musical A Christmas Story, says his challenge is always with casting of the show's leading character, Ralphie, who is 9 and is the central character of the show.

"One of the great challenges is finding a boy who isn't too contemporary in attitude, irony or sarcasm. I'm looking for someone to represent that late-Depression, Midwestern kid and sort of allow his innocence to lead the charge. Some kids come in to audition and they can sing circles around pop scores, but to just stand and sing and get enthusiastic about a Red Ryder BB gun is something else," Lenz says.

The show will be at The Bushnell in Hartford Nov. 24-26 and the alternating Ralphies will be played by Edward Turne and Tristan Klaphake.

But will the upcoming, three-hour live broadcast of the musical on Fox on Dec. 17 — and with Maya Rudolph as the mom



Christian Dell'Edera as Flick and the cast of A Christmas Story: The Musical. PHOTO: GARY EMORD NETZLEY

- affect the tour? (Of local note: the Oscarand Tony-winning composing team of Benj Pasek and Westport's Justin Paul, who composed the original score, have written several new songs for the television event. And Fairfield's Jonathan Tolins and Robert Cary have written the teleplay and are co-executive producers.)

"I have to think it's going to be very

positive," Lenz says. "It's such a good show. And the musical takes the original 1983 film to another level."

And over at Goodspeed Musicals' Norma Terris Theatre, the Charles Dickens holiday perennial will get a twist of nutmeg with the world premiere of the musical A Connecticut Christmas Carol. Set in Connecticut in 1925, it features local



legends William Gillette playing Scrooge, J.P. Morgan as Jacob Marley, Harriet Beecher Stowe as the Ghost of Christmas Past, P.T. Barnum as the Ghost of Christmas Present and, of course, Mark Twain as the Ghost of Christmas Future. (No, Tom Thumb is not Tiny Tim.)

"It's a neat twist of a wonderful classic tale," says L.J. Fecho, who created the book for the show with music and lyrics by Goodspeed's longtime music director Michael O'Flaherty. Hunter Foster directs and Lenny Wolpe heads the cast of 11 as Scrooge.

"We made it as historically accurate as we could, though we took some liberties," Fecho says. "But it's very close to Dickens. But because of the Connecticut connections I think people will find it funny, delightful and different." bushnell.org, goodspeed.org

HAVE YOU HEARD...

... that I'll be doing a 60-minute version of my illustrated talk on Hamilton The Musical: The Making of a Legend at Hartford's Town and County Club on Nov. 29 and for Show-Score at New York's Primary Stages on Nov. 11?

... that University of Hartford's Hartt School grad Phillip Boykin returns to

ACTING THROUGH THE AGES

In Cloud 9, Mia Dillon played a young boy and an elderly woman, winning a Connecticut Critics Circle award for her performance. In the world premiere of Seder at Hartford Stage, now playing through Nov. 12, Dillon plays a 60-year-old woman who survived war's ravages, as well as her 18-year-old self. Originally, the two characters were to be played by two separate actresses, but Dillon did a reading of the new play and playwright Sarah Gancher embraced the idea when director Elizabeth Williamson pitched it to her.

"It's actually kind of thrilling and fun to play," Dillon says of switching instantaneously into a teenager. "I start with a different energy and then it's the voice and the light in the eyes and the movement of youth."



Mia Dillon

In describing her own age-shifting experience, Dillon tells of a scientific experiment in 1979 that had the elderly act many decades younger. A week later, the scientists measured their blood pressure, heart rate and other vitals, finding a boost in metabolism.

"And now I get to go back in time every night, too," she says. hartfordstage.org

Broadway in the revival of the musical Once on This Island, with previews starting Nov. 9 and opening Dec. 3?

... that Westport Country Playhouse will be returning with another musical revival next year: Man of La Mancha staged by Mark Lamos? Also, look for a new musical for Hartford Stage for the 2018-19 season, following in the Broadway-bound tradition

of A Gentleman's Guide to Love & Murder and Anastasia.

Frank Rizzo has covered the artsentertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.



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the CONNsumer

Here's a holiday wish for Equifax and any other company that gives up personal information of millions of Americans to hackers — somebody get them a clue and some accountability. (Make it happen, Santa. Please.)

When one of the nation's major creditmonitoring firms, a guardian of our sensitive data, gives up Social Security numbers, birth dates and addresses of up to 143 million people, as Equifax did in September, and waits six weeks to acknowledge it, that guardianship is broken.

Equifax's executives sold their company stock before announcing the data breach. Then came a delicious, made-on-Tinderstyle hookup brokered by LifeLock, the same company that paid \$100 million to the Federal Trade Commission in 2015 to settle charges from earlier complaints of deceptive advertising and failure to protect consumer information. For up to \$29.99 a month, LifeLock offered post-breach identity-theft protection — using credit-monitoring services provided by Equifax.

Thanks! Clearly, you need a plan to prevent identity theft, develop a rapid response to major data breaches and protect yourself online.

Here are 10 items for your to-do list:

 When in doubt, freeze your credit report. A credit freeze won't stop a thief from making illicit charges to your account, but it controls how your data is sold. It makes it much tougher for someone to open an account in your name. Freeze your account at all three credit-monitoring agencies: Equifax

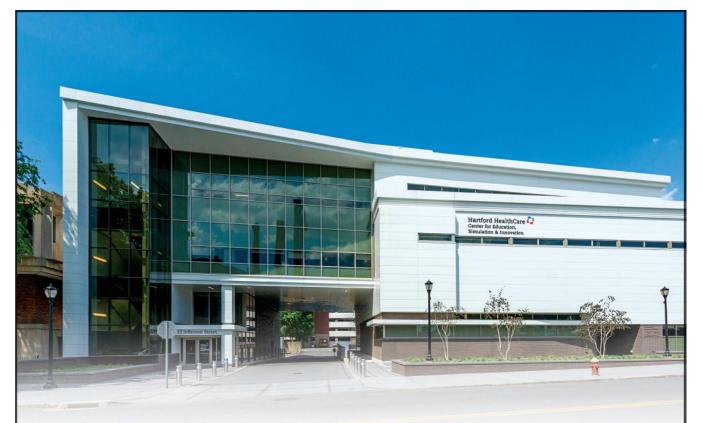
- (freeze.equifax.com/freeze/jsp/sff_ personalidinfo.jsp or 800-685-1111), TransUnion (freeze.transunion.com or 888-909-8872) and Experian (experian. com/ncaconline/freeze or 888-397-3742).
- Check your credit reports for unusual activity. Access them for free at annualcreditreport.com or by calling 877-322-8228. Watch your credit card: The Equifax hackers stole 200,000 accounts in a single shot, according to blogger Brian Krebs, a former Washington Post reporter whose KrebsonSecurity (krebsonsecurity.com) is a must-read for cybersecurity news.
- Don't wait to be told your data has been exposed in a breach. Find out who "owns" you and your information online by entering your email address at haveibeenpwned.com. Change your password for any account that has been violated.
- 4. Do some online sleuthing to find out who is sharing your private information. If you have a Gmail account, use a feature known as plus-addressing that Google has offered for close to a decade. If you suspect an online retailer might share your information, add a plus sign (+) to your Gmail address when you register at that site. Example: If the CONNsumer were to order a back-hair shaver from aliexpress.com, he could register as theconnsumer+backhair@ gmail.com. If AliExpress sold the address, any solicitations would arrive in the CONNsumer's Gmail inbox with that address - outing AliExpress as the

- seller of my information. (Try it with political contributions.)
- Never use the same password for your favorite websites. And never use the most predictable password (starting with 0000, 1234 and 1111), which are the easiest to crack. Password tactics shifted abruptly earlier this year when engineer Bill Burr, whose 2003 white paper for the National Institute of Standards and Technology made gibberish passwords (7cS!N*i4) desirable, redefined strong passwords. Now, it's recommended you use seemingly unrelated words, easier to remember, like RestaurantLawnTigerPin that are more difficult to crack. To keep track of your passwords, use a password manager such as LastPass and hope it doesn't get hacked (again).
- File your tax returns early before a scam artist does it for you (and gets your refund).
- Stop the steady stream of credit card offers in the mail — which thieves love — by opting out online at optoutprescreen.com or by calling 888-567-8688.
- Stop mail and telephone solicitations by opting out of the Direct Marketing Association Lists (dmachoice.thedma. org). This should reduce, but not eliminate, junk mail. The service costs \$2 for 10 years when you register online or \$3 by mail.
- 9. Reduce annoying ads online, and advertising trackers that monitor your web activity, with an ad blocker such as AdBlock Plus or, for your Apple device, 1Blocker. Apple also launched its own advertising-tracker blocker recently that restricts how many times an advertiser can follow you online and place ads based on your search history.
- 10. Pay by credit card, not debit card. A debit card is a direct line to your bank account, making it easier for a thief to empty it with fraudulent purchases. Despite improved protection for debit card use, it's not worth the risk.



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New Developments Enhance The Seabury Experience

Seabury is an active Life Care community located on 66 acres of beautiful countryside in Bloomfield, Connecticut. It combines architecturally distinct residences, state-of-the-art amenities and an independent lifestyle with future long-term quality healthcare.

"We take pride in offering a very attractive quality of life with the comfort and security of Life Care," says Renee Bernasconi, Chief Strategy Officer and Senior Vice President of Marketing and Communications.

The Seabury campus has recently undergone major upgrade that included a re-design of the main lobby, a new community activity space, a luxury salon/day spa, a beautiful new bistro, an expansive chapel/auditorium and open meeting spaces for college-level courses provided by the Adult Learning Program.

The project also included the creation of four unique styles of one- and two-bedroom Independent Living residences in Seabury's South Wing. The new residences are almost ready for move-in and there are only a handful of available units remaining.

They have also expanded their first-rate healthcare services, offering a full continuum of care on the Seabury campus. On-campus care now includes dedicated rehab rooms, a new Hydroworx therapy pool, a Primary Care Suite, Skilled Nursing, short-term rehabilitation, physical, occupational and speech therapy and Seabury Meadows, offering dynamic, memory-stimulating programming 7 days a week.

As part of their environmental sustainability efforts, Seabury recently became the first privately-owned Life Plan community for adults 50 and over in the United States to receive a Green Globes designation. The designation is a result of their commitment to employing sustainable building practices with minimal ecological impact, including solar panels and a geothermal energy system to assist with heating and cooling.

"Our age requirement is 50, one of the lowest in the country," says CEO Richard Heath. "We always encourage prospects to consider the transition while they are still young and healthy enough to qualify for Life Care and fully experience all that life at Seabury has to offer. There's no limit to the life you can make yourself here."

Call today to reserve your spot at an upcoming information session.





Seabury's picturesque campus, with our new South Wing, is a great place to enjoy a vibrant, active life.

We're very excited to welcome our new residents to campus and to watch as these beautiful new spaces are transformed into neighborhoods and communities by the people who will make Seabury their home.

We have a limited selection of South Wing residences still available. Start planning today!

Life at Seabury offers a stimulating, engaging environment surrounded by friends and neighbors, with the peace of mind and security of Life Care. Come be a part of it. And invite your friends.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org





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JACK DEGRADO, D.D.S.

DR. JACK DEGRADO graduated from Columbia College of Dental Medicine. He completed his residency at Manhattan VA hospital and further trained in implantology at Brookdale University Hospital and prosthodontics at Montefiore Medical Center. His growing practice, Stamford Dental Group, founded in 2000, now has four dentists.

As a prosthodontist, Dr. DeGrado provides a superior alternative to dentures for people who lost their teeth. People with dentures only have 10 percent of their chewing capacity because the "dentures are sitting on soft tissue," he notes. "With implants, it's 90 percent," and restored teeth don't slip out while eating, as dentures do. He strengthens and protect broken or damaged teeth with CEREC crowns, which are milled in-office and placed permanently within an hour. The technology of the 3D Cone Beam Computed Tomography (CBCT) gives him accurate images of bone, roots, anatomy, and causes of problems that are below teeth and gums. He uses BIOLASE to do fillings without anesthesia and gum surgery without cutting, sutures, periodontal packs, swelling, pain, or bleeding.

To enhance people's smiles, Dr. DeGrado offers a wide array of services such as teeth whitening and veneers. His priority is to mend teeth to make them healthy and functional and put the finishing touches on with cosmetic dentistry. He also offers Teeth in One Day, which includes extractions of bad teeth, placement of implants and fixed teeth, for immediate improvement.

He believes that "great patient care goes hand-in-hand with customer service, which includes the staff at the front desk. From the minute they walk in, they will see a difference." He spends a lot of time during initial consultations to understand patients' needs, wants and expectations, and treatment plans are "designed to exceed expectations."

Dr. DeGrado has participated in the Connecticut Mission of Mercy and donated free services to over 180 patients at the annual Dentistry from the Heart event at his office. He also supports the American Red Cross and ARI, an organization for adults with disabilities, as well as the Food Bank of Fairfield county and Wounded Warrior Project.

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MICHAEL SONICK, D.M.D. RUI ("RAY") MA, D.M.D.

DRS. MICHAEL SONICK and RUI MA treat patients with the utmost respect and compassion in a warm, caring environment. Their priority is patients' well-being, providing comprehensive treatment planning for each patient. Once informed, patients can choose the most appropriate treatment for better health and enhanced beautiful smiles. Their strong commitment to clinical and academic endeavors reflect their commitment to patient-centered care.

DR. MICHAEL SONICK is a world-recognized periodontal and dental implant surgeon with a doctorate from UConn School of Dental Medicine and a degree in periodontics from Emory University. He trained in implant dentistry at Gothenburg, Sweden's Branemark Clinic and Harvard University.

Having successfully placed more than 10,000 implants, Dr. Sonick uses advanced technologies to regenerate bone and soft tissue restoring patients to optimal health. He regularly teaches at New York University and at UConn. Co-editor of Implant Site Development, a textbook on implant surgery, he is a sought-after lecturer nationally and abroad. He volunteers to treat indigent

patients in need globally.

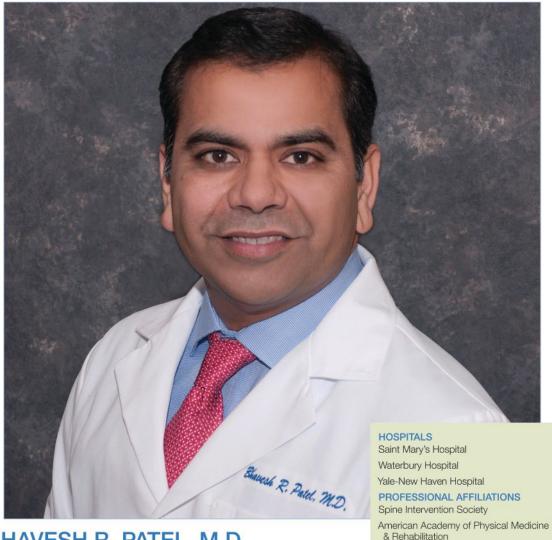
Dr. Sonick recalls, "At age eight, I had a terrible bike accident and lost my front teeth and fractured my jaw, which required years of dental reconstruction....I do everything possible to treat [patients] as I would like to be treated, with dignity, respect, and up to date care in a pain-free, comfortable environment."

DR. RUI MA is a fourth-generation dentist. He graduated summa cum laude with a B.S. in chemistry from SUNY Albany, where he was class valedictorian. After earning his D.M.D. from Tufts University, he completed his post-doctoral training in periodontics at Stony Brook University, where he received a Certificate of Advanced Graduate Study in periodontics.

Dr. Ma has made it his personal mission to educate and guide patients through co-diagnosis, co-treatment planning, and assisting them with important decisions on treatment and care. He provides individualized treatment based upon each patients' requirements. He believes that as practitioner, his first mission is to inform and educate each patient of their treatment options, so that they can make the best possible decision for their own care.

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BHAVESH R. PATEL, M.D.

DR. BHAVESH R. PATEL is the founder and president of Interventional Spine & Sports Medicine, PC. He has been treating patients in the Greater Waterbury area for more than 15 years, founding his solo practice in 2010 to reflect his belief in more personalized nonoperative spine and orthopedic care. Dr. Patel did his residency in phyiscal medicine and rehabilation at Temple University School of Medicine and a fellowship in Interventional Spine & Sports medicine at New York City's world-renowned Spine Institute at Beth Israel Medical Center. He is assistant professor at Quinnipiac University Frank H. Netter School of Medicine.

He is board-certified in physical medicine and rehabilitation as well as pain medicine. His treatment philosphy is to help his patients avoid surgery whenever possible, using a multidisciplinary nonsurgical approach to treat spine and orthopedic conditions.

His goal is to help patients suffering from a broad range of

spinal and orthopedic conditions to help eliminate pain and restore function using the most current conservative treatment options. He often combines analgesic medications, physical therapy, excercise and X-ray guided therapeutic spinal injections to decrease pain and inflammation. So patients may benefit and progress in physical therapy and/or self-directed home exercise program. Dr. Patel also offers his patients ultrasound guided periperhal joint injections and plasma rich protein (PRP) injections for tendon and joint pain. He is also now offering Botox injections for migraine headaches. "The most rewarding aspect of my work is enabling my patients to improve the day to function and lessen their pain," he says

He strives to be accessible, seeing emergency patients within 24 to 48 hours. Patients in extreme pain appreciate the care and attention they receive from the entire staff. He will be seeing patients in his new Farmington Office.

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STUART E. LIEBLICH, D.M.D. DANIEL J. GILL, D.D.S., M.D. MARK C. FLETCHER, D.M.D., M.D.

DRS. STUART E. LIEBLICH, DANIEL J. GILL AND MARK C. FLETCHER offer both office-based and hospital-based oral surgical procedures including dental implants, wisdom teeth removal, bone grafting, corrective jaw surgery, and complex reconstructive surgeries for patients of all ages who have suffered severe injuries to the face and jaw. All three doctors are members of the Maxillofacial Trauma Team at Hartford Hospital and are board-certified in their field. They have introduced and published on the use of a novel sustained release local anesthetic to improve post-operative comfort in surgical patients.

DR. STUART E. LIEBLICH graduated from Rutgers with the highest honors and the University of Pennsylvania School of Dental Medicine. He completed a residency in oral and maxillofacial surgery at Kings County/Downstate Medical Center in Brooklyn. A clinical professor at the UConn School of Dental Medicine, he received grants to study wound healing, synthetic bone reconstruction materials, and the use of implants in the jaws. He is past president of the American Board of Oral and Maxillofacial Surgery.

DR. DANIEL J. GILL graduated with distinction from the University of Virginia and cum laude from the UCLA School of Dentistry. He earned his M.D. at UConn School of Dental Medicine and completed the six-year UCONN integrated oral and maxillofacial surgery residency program. A recipient of several academic honors and scholarships, Dr. Gill received the AAOMS Dental Implant Student Award and the Horace Wells Senior Student Award for outstanding achievement in dental anesthesiology. Dr. Gill holds a faculty appointment at UConn and continues to teach and train residents in the oral and maxillofacial surgery residency program.

DR. MARK C. FLETCHER graduated from Boston College and the University of Pennsylvania School of Dental Medicine. He received his M.D. magna cum laude from Jefferson Medical College. He completed a general practice residency at Northwestern Memorial Hospital in Chicago and a general surgery internship and oral and maxillofacial surgery residency at Thomas Jefferson University Hospital in Philadelphia. Dr. Fletcher teaches at the UConn School of Dental Medicine and is the Division Head of Oral and Maxillofacial Surgery at Hartford Hospital.

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Life in a retirement community doesn't necessarily mean a retiring lifestyle. At Duncaster, located in Bloomfield, Connecticut, everyone enjoys an array of amenities and activities, keeping their busy lifestyles without the worry of having to maintain houses.

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"Our Priority Waiting List is your front door for Duncaster. People who choose to get on the List are usually pre-planning," explains McCormick. "In fact, the best time to join is a few years before you're planning to put your house or condo on the market. You can use the time you spend on the List putting your ducks in a row for the future."

McCormick invites everyone who is interested to call 860-380-5005 to schedule their complimentary tours and explore Duncaster, to determine whether it is right for them.

"You'll find a wide range of options, including one-bedroom apartment homes, or larger options with multiple bedrooms, bathrooms or a home office," she says. "Getting on the List is the way to start building the future you want for yourself. There is no obligation or risk – the only risk is waiting to act after something happens that eliminates choices."

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Call 860-380-5006 to schedule your complimentary lunch and tour.







SANJAY K. GUPTA, M.D., FRCS, FRCS (ORTH)

DR. SANJAY GUPTA graduated JIPMER, a top medical school in Pondicherry, India. He completed his orthopedic residency and earned a master's in Orthopedic Engineering from the University Hospital of Wales in Cardiff. He completed a fellowship in hip and knee reconstruction at the Hospital for Special Surgery and Lenox Hill Hospital. A clinical assistant professor at the University Of Vermont School Of Medicine, he serves as chief of section of orthopedics and medical director for joint replacement at Danbury Hospital.

Dr. Gupta specializes in adult reconstruction of the hip and knee including complex primary and revision joint replacement surgery. His clinical interest is in robotic assisted knee and hip replacement surgery. He is one of the few surgeons who offers outpatient joint replacements. This rapidly evolving concept, he claims, is "good for the patient who is otherwise relatively healthy and economical." With minimally invasive techniques, advances in pain management and rapid rehabilitation protocol, he can send patients home within few hours of their outpatient joint replacement surgery.

Medical School Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) Hospital Danbury Hospital Organizations American Association of Orthopedic Surgeons, American Association of Hip and Knee Surgeons, Intercollegiate Specialty Board (Fellow) of the Royal College of Surgeons (Glasgow)

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ANATOLIY RAVIN, D.D.S., F.A.G.D., M.A.G.D.

DR. ANATOLIY RAVIN earned his D.D.S. from the NYU College of Dentistry, where he won the OKU National Honor Society award for graduating at the top of his class. He has an M.B.A. in healthcare and finance from Northeastern University. He is a Fellow of the Academy of General Dentistry and received the international Pierre Fauchard Academy award. He completed a degree from Master of Academy of General Dentistry, the highest degree and honor in the profession. A self-described "continuing education junkie," he averages 60 hours each year instead of the state required 30 years every two years to provide the most advanced dental technology and techniques.

Dr. Ravin is passionate about providing dental care at Hospital Dental Group at Hartford Hospital and everywhere he can. He has volunteered dental services at the Hartford area Community Health Center, to veterans in need at the Rocky Hill VA, and to indigent people in the Caribbean and South America. He runs and is a principal board member For the Love of Jack, an organization which helps disadvantaged families take care of their fur babies. He is blessed with 3 children - 2 boys and a daughter, 7 rescued abused dogs and

Dental School New York University College of Dentistry Organizations American Academy of Cosmetic Dentistry, American Dental Association, CT State Dental Association, American Academy of General Dentistry, Pierre Fauchard Academy, OKU National Honor Dental Society, Hartford Dental Society Hartford Chamber of Commerce

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ANDREW E. WAKEFIELD, M.D., FAANS

DR. ANDREW WAKEFIELD earned his BS in pathobiology and MS in pathobiology/ immunology from UCONN and medical degree and interned in general surgery and did his residency in neurosurgery at UCONN. He further trained at the University of New Mexico Hospital in Albuquerque and also completed a fellowship in spine surgery at the Cleveland Clinic. Each year he returns Cleveland Clinic as faculty to participate in a hands on spine course.

In solo practice, he is currently doing procedures at both St. Francis Hospital and Hartford Hospital. Dr. Wakefield is a strong advocate for cooperation and collegiality on the state, national and international levels. He has worked with organized neurosurgery both on the state and national levels. He was a founding member and helps lead a medical Mission each year to the Daniel A Carreon Hospital in Lima, Peru. This is his 15th year, where he is involved in treating patients, training residence and Fellows as well as attending neurosurgeons. This program has been expanded, with the addition of physical therapy, prosthetics and physical medicine and rehabilitation for the placement of prosthetics. He also continues to be an invited guest lecturer to the Egyptian Orthopedic Association Spine section in Cairo, Egypt.

Medical School University of Connecticut School of Medicine Hospitals Hartford Hospital, St. Francis Medical Center, Mid-State Medical Center Organizations American Association of Neurological Surgeons (Diplomate), American Board of Neurological Surgery (Fellow), Congress of Neurological Surgeons, Council of State Neurosurgical Societies (Northeastern Quadrant Chair) American Medical Association, Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut State Medical Society, Neurosurgical Society of Connecticut (President), Suffield Volunteer Ambulance Board (President)

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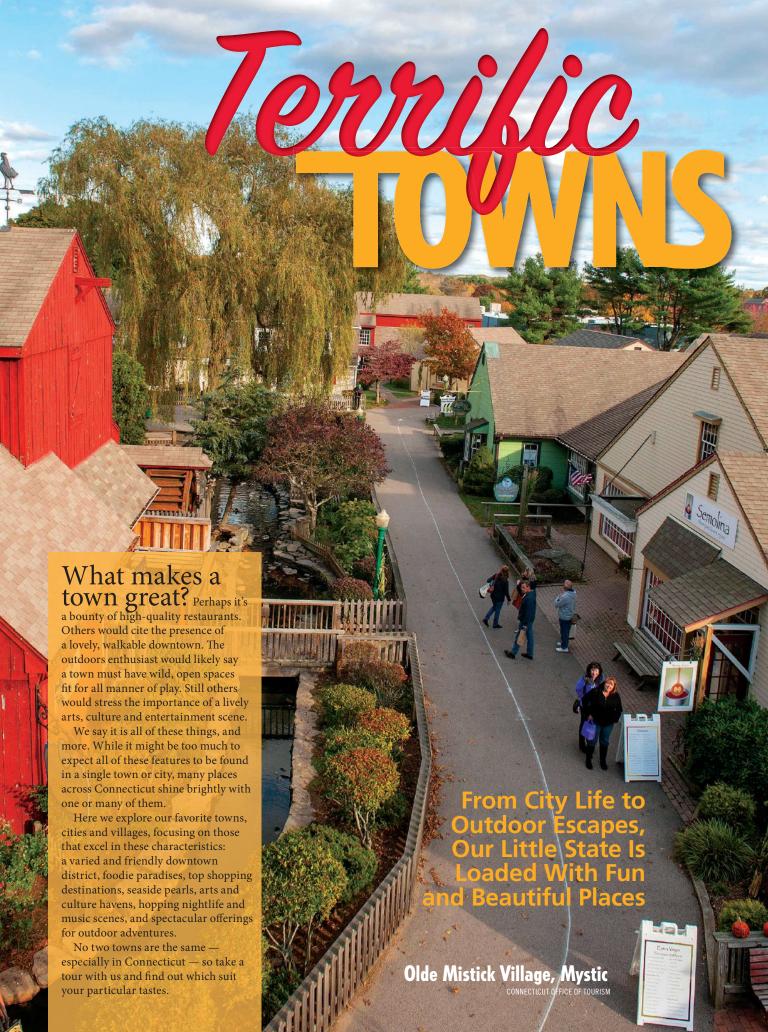
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Main street is the center of a city, the soul of a town and the heartbeat of a community. Here in Connecticut, centuries-old buildings share blocks with trendy restaurants and an art gallery is never too far away. And we're fortunate to experience all four seasons, so Main Street in the summer can become a whole new place in the winter. Bottom line: it's where you see old friends, support local businesses and truly become a part of where you live.

LITCHFIELD

Where's the center of it all in Litchfield? Very logically, it's where North, South, East and West streets meet by the Litchfield Green. In such a historic town, it's only fitting to visit the Litchfield History Museum, Litchfield County Jail (prisoners were held here during the War of 1812) and St. Michael's Parish, which was completed in 1921 but contains stained-glass windows from a previous incarnation of the church from 1851. And speaking of fitting, R. Derwin Clothiers can help you achieve a modern look, in case you soaked up too much history.

CHESTER

A small town with a huge art scene, galleries and studios dot the Main Street landscape. All located within a halfmile stretch of road are Maple and Main Gallery, West Main Street Studio, Lori Warner Studio/Gallery, Dina Varano, Leif Nilsson Spring Street Studio & Gallery and Chester Gallery, in addition to clothing and gift boutiques and antique shops. Thankfully "look but don't touch" doesn't apply to the Main Street restaurants, which include standouts River Tavern, OTTO Pizza and Good Elephant Bistro. Stop into the Pattaconk for a beer.



OLD SAYBROOK

Old Saybrook has long been known as the home of legendary actress Katharine Hepburn. Main Street in Old Saybrook is now known as the home of the Katharine Hepburn Cultural Arts Center, a 250seat theater which abuts the town green. Just down the road is the General William Hart House, built 250 years ago with a second-floor view of the port where his ships were docked. As the Chamber of Commerce website states, "Main Street charm. Shoreline beauty." Rounding out the eclectic mix of Main Street is Maximus Antiques' 4,500-square-foot showroom, the Paperback Cafe, Liv's Oyster Bar and the Penny Lane Pub.

GUILFORD

Whitfield Street, the main hub in this suburban, shoreline Shangri-La, runs along the west side of the Town Green. This area is classic New England and stakes its claim as the third-largest collection of historic homes in the six states. There's a variety of eateries near the Green including Ballou's Restaurant & Wine Bar, breakfast-and-lunch spot The Marketplace, and South Lane Bistro. Too stuffed to move? Stopping by independently owned Breakwater Books would be a novel idea.

NIANTIC

A seaside village in East Lyme, Niantic's Main Street runs parallel to Long Island Sound. Take the kids or grandkids to the Children's Museum of Southeastern Connecticut. Then, after the babysitter picks them up, head east. Stop by Lillian's Cafe, Cafe SoL, Gumdrops & Lollipops Candy, Ice Cream & Diner, The Black Sheep, The Spice Club, or Skipper's Restaurant for waterfront dining, drinking and desserting. Which reminds me. Don't forget to pick up the children. (Get it? Deserting. OK, I'm done.)

MIDDLETOWN

The National Trust for Historic Preservation called Middletown's downtown one of America's most romantic main streets. With well over 30 places to eat, drink and congregate, we're falling in love too. The Buttonwood Tree offers art, music and open-mic nights, and there's no shortage of clothing stores, gift shops, jewelers and boutiques. Frankly, it's an embarrassment of riches for our small state's 20th-most-populous city.

RIDGEFIELD

This western town along the New York state line is no stranger to our biannual



November best-towns issue and has eagerly adopted the moniker of "Connecticut's No. 1 town." Picturesque Main Street is one of the big reasons why. Historic: Keeler Tavern has a cannonball lodged in its siding from 1777's Battle of Ridgefield. Unique: Aldrich Contemporary Art Museum is the only one of its kind in the state and has no permanent collection. Historic and unique: The Museum in the Streets is a 30-station, heritage discovery trail along Main Street.

WALLINGFORD

Wallingford's "main street" is essentially made up of two roads — the first block of North Main Street and Center Street down to Route 5. The restaurant epicenter is North Main, with Michael's Trattoria, J. Christians and the Library Wine Bar &

Bistro topping the menu. Heading west down the hill on Center Street brings you by Wallingford Flower Shoppe (2017 Best of CT florist), and numerous salons, boutiques and bars. When you get to the bottom of the hill, a quick right will bring you to Redscroll Records, another Best of CT winner and featured in our roundup of the state's standout record labels on page 28.

COLLINSVILLE

This quaint village in Canton and national historic district is nestled in the crook of the Farmington River where abandoned factories and mills have been repopulated with local businesses. Approaching from the south, as soon as you take a right onto Bridge Street for the first time, you just get it. What a cool place. LaSalle Market and Lisa's Crown & Hammer Pub, housed in an old train station, are small-town treasures. Want more small town? There's horsedrawn carriage rides and yoga in the street.

WINSTED

Going even farther into the Northwest Corner is the city of Winsted in the town of Winchester. This Main Street is home to Ralph Nader's American Museum of Tort Law, the world's first legal museum. Another unique establishment is Gilson Cafe and Cinema, a former vaudeville theater which is now a movie house with two screens and a built-in restaurant. And we can't go to Main Street in Winsted without stopping at the Winsted Diner. As we wrote in our June diners feature, "This place captures the quirkiness, the local character, the old-fashioned authenticity that we look for."





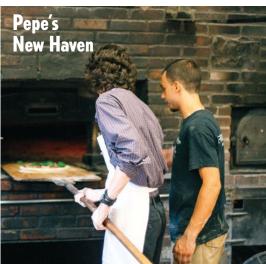


by ERIK OFGANG

The food scene in Connecticut is constantly expanding, much like the waistlines of those who regularly cover it. In this list we look at our top cities and towns for eating food of all kinds. In other words, these are places we don't recommend attending while on a diet.

NEW HAVEN

The cultural capital of Connecticut is also its culinary capital. The city is home to Louis' Lunch — the birthplace of the burger — as well as Frank Pepe Pizzeria Napoletana, Sally's Apizza and Modern Apizza the unofficial holy trinity of charred and chewy New Havenstyle pizza — but that's just the beginning of its food offerings. From the taco trucks on Long Wharf to Miya's Sushi, the breadth and scope of the city's foodscape is more than can be digested in one trip, or dozens.



WESTPORT

There is no better city for high-end, farm-to-table cuisine. Bill Taibe's three restaurants — Kawa Ni, The Whelk and Jesup Hall — continue to impress, as does Brian Lewis' award-winning The Cottage, and plenty of other spots. And more good things are on the way. Match Burger Lobster just opened and Lewis has announced plans for a second restaurant.

NORWALK

South Norwalk is so crowded with great dining options, in such close proximity to one another, that choosing just one can be stressful. Just a few of the many options are Tablao, Mecha Noodle Bar, Match and Cask Republic.

WATERBURY

A multicultural hot spot of various ethnic cuisines, Waterbury's dining scene deserves more statewide recognition. Domenick & Pia offers legendary pizza and La Tavola Ristorante features classic Italian fare. You can also find excellent bagels at Ami's, and there are a variety of Middle Eastern restaurants.

NEW BRITAIN

If you like Polish food, New Britain's "Little Poland" neighborhood is a mustvisit. While in the neighborhood you're likely to hear people conversing in Polish and you're guaranteed to enjoy a fullscale immersion in gołąbki, kielbasa, bigos, pierogies and more. Polish cuisine destinations include Staropolska Restaurant and Cracovia, among many others. Beyond Polish food, Capitol Lunch is known for its hot dogs topped with the spot's signature "Famous Sauce" and East Side is a famous German restaurant.

WEST HARTFORD and HARTFORD

By the time you finish reading this sentence, another two restaurants will have opened in

West Hartford. OK, that's an exaggeration, but the upscale-dining scene is expanding rapidly. It is already home to several restaurants and elite coffeehouses, as well as newcomers such as the highly touted The Cook & The Bear and Zohara Mediterranean Kitchen. Of course, like many things, West Hartford's food culture is intrinsically linked with Hartford, home of the Bear's Smokehouse Barbecue phenomenon, Firebox Restaurant and a burgeoning brewery and craft beverage scene.

DANBURY

A dark-horse entrant on this list, Danbury has a stronger food scene than many realize. Great restaurants include Pho Vietnam, an elite pho spot; Mothership Cafe, one of the state's best bakeries and sandwich shops; The Atlantic, a beloved Portuguese spot; Stanziatos, a popular artisan pizza place and craft beer bar; and Pappadellas, a hidden-gem Italian spot.

MYSTIC

Mystic Pizza served as the inspiration for the 1988 film of the same name starring Julia Roberts, but this spot is far from the only worthwhile destination in Connecticut's popular seaside village. The Engine Room, Oyster Bar and S&P Oyster Co. all have passionate fans, and there are emerging locations including Sift Bake Shop and Rise, a breakfast-and-lunch spot.

MIDDLETOWN

The food scene here is increasingly vibrant. Acclaimed Italian restaurant Bread & Water is a powerhouse, as is Haveli India, Krust Pizza Bar and its new sister restaurant Osa (see our review on page 75). For diner lovers there is no better stop than the classic O'Rourke's.

BRIDGEPORT

Connecticut's biggest city has begun to flex its foodie muscles in recent years. The Black Rock section is home to upscale barbecue spot Walrus + Carpenter, the Vietnamese street food haven Nom-Eez. Source Coffeehouse and others. Downtown boasts Joseph's Steakhouse, Brewport and a variety of comfort-food options from soul food to pho.

LITCHFIELD

In the beautiful wilds of Connecticut, away from the city lights and crowded thoroughfares, you'll find a food oasis in Litchfield. The borough of Bantam is a heavy hitter and home to the Bantam Bread Co. as well as Arethusa, which has a dairy and ice cream shop, a high-end restaurant next door and a coffee-and-pastry shop across the street. Another favorite is At The Corner Restaurant & Pub.



by ERIK OFGANG

MYSTIC

A village within Groton and Stonington, Mystic is home to Mystic Seaport, a historic shipyard and museum that is an international destination for seafaring history. This pervades the quaint waterside village, which is so picturesque as to seem dreamed up by a postcard designer.

GROTON and NEW LONDON

While Mystic is quaint, historic and beautiful, Groton and New London are gritty, historic and beautiful. The cities, which sit on opposite banks of the Thames River, both have active working waterfronts. Groton is home to the Naval Submarine Base, a major navy site and the spot where all submarine crew are trained. New London is home to the Coast Guard Academy and the historic Fort Trumbull. To sit on the banks of the river in either town is to see the modern nautical industry in action.

MILFORD

With its sleek, frequently hopping downtown and the famous Silver Sands State Park, Milford is one of the more scenic seaside towns that is situated well away from the entrance to Long Island Sound. Also, the infamous pirate Captain William Kidd once visited and may have buried treasure at Silver Sands.

ESSEX

Situated on the Connecticut River and not the Sound, Essex still has as great a connection with the sea and sailing as

Connecticut has a long history, and its seaside and nautical-influenced towns remain among the state's most beautiful. With tall ships, fishing boats and cutting-edge nuclear submarines, Connecticut's maritime connections run deep. These are some of the top towns on the water.

any place in the state. Walking through this beautiful waterside town you'll see plenty of reminders of seafaring. We were so enchanted after one recent visit we looked up house prices there.

STONINGTON

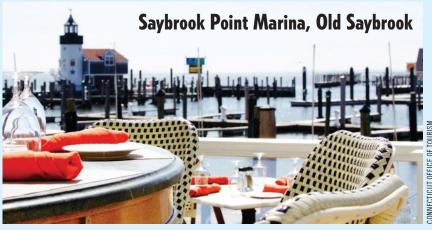
Not as well known on a state level as Mystic, Stonington has every bit as much nautical charm as its more famous neighbor, and as much history. It is home to the Stonington Harbor Light, a historic 19th-century lighthouse, and the Captain Nathaniel B. Palmer House Museum (see our Connecticut Files on Palmer's likely discovery of Antarctica on page 136).

OLD SAYBROOK

Like its neighbor Essex, Old Saybrook runs deep with the traditions of the sea. With waterfront on both the Connecticut River and Long Island Sound, Old Saybrook has everything you'd want in a seaside community: beautiful scenery, shops, restaurants and a rich sense of history.

MADISON

A beloved and laid-back beach town. Madison has beautiful oceanfront houses and is home to the esteemed Madison Beach Luxury Hotel and Hammonasset Beach State Park, the state's longest public beach. There's nothing quite like sitting by the sea with a good book in hand, so it's fortunate that Madison is also home to R.J. Julia Booksellers, one of Connecticut's best-known bookstores.



Nightlife & MUSIC

by MICHAEL LEE-MURPHY

A good ecosystem of nightlife is a difficult thing to create out of thin air. It takes time to develop the network of bars, clubs, restaurants and entertainment that has people coming back weekend after weekend. Bars and clubs should have character and characters.

NEW HAVEN

Though the Elm City has lost some great bars over the years — The Anchor, Richter's and Anna Liffey's most recently — there is still a wide variety of watering holes to venture into. The legendary Toad's Place and the upstart College Street Music Hall both bring through considerable touring talent. Firehouse 12 has jazz and so much more. The Crown Street club scene is often absolute pandemonium on a Friday and Saturday. Head there if that's your thing, and if not, stay far away.

HARTFORD

The downtown club district in Hartford along Allyn Street appears to be fading with only a handful of bars left, but as the *Hartford Courant* reported in October, the scheduled opening of the New Haven-Hartford-Springfield

railroad should bring an influx of people into the capital city. Black-Eyed Sally's hosts some of the best jazz and blues music in the state. Hartford is also easily the center of live sports in the state, with the Yard Goats, Wolf Pack and UConn Huskies all calling the city home at various times of the year.

BRIDGEPORT

The strip of bars and clubs along Fairfield Avenue in Bridgeport's Black Rock section is teeming with life. Watering holes and restaurants abound. You can see some live local music at the Acoustic, or get a pizza and some beers at Fire Engine Pizza Co.

NEW LONDON

Bank Street has one of the most vibrant, diverse and lively nightlife scenes in the state. If you haven't gone bar hopping



These two notions both have notoriously elastic definitions. Perhaps the best description comes from the mid-century Supreme Court Justice Potter Stewart. He didn't try to define it, but he said "I know it when I see it." (He was talking about obscenity, but the same principle applies.) Embedded in that notion, then, is the fact that a central component of what makes a given town an artsy place is how it makes us feel.

NEW HAVEN

How many times can we say it? New Haven is the hub for much of the artistic creation that goes on in the state. There are art galleries galore, including a pair of world-class ones. You want to see up-and-coming local artists? Try Artspace or the Giampietro Gallery. You want ancient frescoes? Get to the Yale University Art Galleries. Catch a play at the

Yale Rep or Long Wharf. There are plenty of underground music venues that you'll have to keep your ear to the ground for. What's more, the city government appreciates the art created here. The City-Wide Open Studios is a perfect example, which has programs throughout the end of October and early November. And for the kids, the Connecticut Children's Museum in the Town Green District offers hands-on learning.

on Bank, you need to. The Oasis has live music, the Brass Rail dancing and the Telegraph more music. The Hygienic Arts

Gallery cuts a broad swath of visual art. It goes on and on. Catch big touring acts at the Garde Theater.

THE CASINOS

Mohegan Sun and Foxwoods are multimillion-dollar monuments to the very idea of nightlife. The selection of restaurants, bars and entertainment options at the two casinos are somewhat staggering. Mohegan has some seven bars and clubs, ranging from Irish pubs to comedy clubs, from dance clubs to

tiki bars. There's also a 10,000-seat arena which hosts some of the biggest touring acts around. Foxwoods, too, has a range

of bars, clubs and concert venues hosting all variety of activities. If you want your nightlife under one roof, the casinos are the place to go.

STAMFORD

With a mix of high-end dining, sleek bars and nightclubs, Stamford delivers plenty in the way of big-city nightlife. During July and August, downtown is hopping on Thursday nights for the Alive@Five concert series (next year's acts have not been announced but this past summer's performers included Ziggy Marley and CeeLo Green). Year-round visitors can enjoy clubs and bars including Cask Republic and Tiernan's Bar & Restaurant.



HARTFORD

New rule: if you think Hartford isn't interesting, it's because you haven't tried. We are sorry to be so blunt about it, but we must be. The birth of Modernism in America, many have contended, happened at the Wadsworth Atheneum in the 1920s and 1930s under the curation of Chick Austin, who put on the first American exhibition of Pablo Picasso. Today's Chick Austins might be DJing at block parties in Parkville, rapping at the Hip-Hop for the Homeless festival, catching art-house films at Cinestudio, or writing and directing local theater at the Hartbeat Ensemble.

PUTNAM

The Quiet Corner has a few towns that are not so quiet. Putnam is certainly one of them. It's the kind of place that would take a nondescript staircase between two parking lots, and commission a muralist to paint it. Why? To make people *feel a certain way*. Open-mic nights at Charlie Bravo's, the First Fridays downtown festivals throughout the spring, and a film discussion series at the Woodstock Academy all achieve the same goal.

EAST HADDAM

It takes a particular type of orientation toward culture to foster and support a place like East Haddam's Two Wrasslin' Cats, which is a wildly unique and fascinating coffee shop, featuring local artists' work on the walls and fostering the sense of interaction one needs for the creation of culture. The Goodspeed Opera House nearby is also one of the premier venues for theater in the state, historic and regal with few peers.

WASHINGTON

Who knows when the first New Yorker — in love with the cultural offerings in New York City but not in love with the pace of city life — moved to the Litchfield Hills and created a little arts haven. Washington is as good an example of any of the kind of high-culture mixture of arts galleries, museums and performing arts that defines this part of the state.

NEW BRITAIN

Hard Hittin' New Britain is the kind of place that doesn't really need any pats on the back from people at magazines



or newspapers or tourist promotional councils. It's quite comfortable in its own skin, and its arts-and-culture scene reflects that. Catch an open-mic night at the Artists Co-op, or a concert at the New Britain Symphony Orchestra. The New Britain Museum of American Art is a gem of a museum, and on Nov. 9 will open a new exhibition of Ghanaian movie posters.

OLD LYME

What is it about Old Lyme that led it to become one of the most important sites of American Impressionist painting? What motivated Walker Evans, one of the most

important American photographers of the 20th century, to spend the autumn years of his life in Old Lyme? The town has long been an artists' colony, and Nutmeggers would do well to keep an eye on the Lyme Academy College of Fine Arts for the visual arts. The town also boasts the Side Door, one of the best jazz clubs in Connecticut, if not New England.

WILLIMANTIC

The Quiet Corner's biggest town is often overlooked, but there's a world of grassroots art and culture along Willimantic's streets. Every summer it plays host to one of the most unique, colorful and distinctive cultural events in the state: the annual July 4th Boombox Parade. Finding itself without a marching band back in the 1980s, locals brought their radios, and tuned into WILI-1400, which supplied the music. It has continued every year since, and exemplifies the type of unique quirky attitude of the town.



The best shopping isn't always about getting the newest, most expensive item at a boutique or bragging about your big savings at the outlets. Sometimes it's window shopping in a cozy downtown or picking up an antique chair you didn't know you needed. Lucky for us, our options are limitless.

GREENWICH

Greenwich Avenue is the destination for some of the finest shopping on the Gold Coast, from department stores such as Saks Fifth Avenue to fashion icons Hermès and Kate Spade New York and the ultraupscale Richards. Hidden gems off the beaten path are The Perfect Provenance and Pinky of Greenwich.

WEST HARTFORD

It's almost difficult to avoid a solid shopping district in West Hartford. Whether you're at the monstrous Westfarms Mall or trendy The Center & The Square (West Hartford Center and Blue Back Square), there's plenty of worthy potential recipients of your hard-earned dollars.

MYSTIC

Olde Mistick Village is a beautiful option for a shopping day trip. Nautical-themed gift shop The Boardwalk boasts more than 4,000 products. Sticky Situations is dedicated to all things honey bee. And while we're just about to enter the holiday season, it's Christmastime all year long at Sofia's Mystical Christmas.

MONTVILLE

The Shops at Nature's Art Village calls itself "the most unique shopping destination in Connecticut." There are six shops filled with nature's art — the Artistic Jewelry, Absolute Bead, Ageless Toy, Ancient Fossil, A to Z Mineral and Artful Gift shops.

CLINTON

For many people in the state, getting to Clinton Crossing Premium Outlets can be a pretty long drive, but we're confident you'll find something to make it worthwhile. They seem to have things regular malls don't. Respected brands are sold at factory prices, the selection of both stores and items is remarkable, and food trucks are often on site.

WESTPORT

In opulent downtown Westport, where Route 1 and Main Street meet along the Saugatuck River, it's an upscale experience all around. Brandy Melville, Brooks Brothers, Vineyard Vines, lululemon, Lucky Brand, Banana Republic, Theory, Tiffany and so much more provide a quintessential Connecticut shopping excursion.

WESTBROOK

The open-air Westbrook Outlets, formerly the Tanger Outlets before a May 2017 sale, comprise dozens of stores including H&M, Hollister, J. Crew, Loft, Old Navy and Williams-Sonoma. There's also a 12-screen movie theater on the premises.

CANTON

Despite being a small town in the suburbs west of Hartford, Canton has two fantastic yet distinct main shopping options. The Shoppes at Farmington Valley has your American Eagle, Francesca's and Sephora, but historic downtown Collinsville is like a whole other time and place with Antiques on the Farmington, mom-and-pop shops and a farmers market on Sunday mornings.

WOODBURY

At the opposite end of the spectrum from malls and outlets is the Woodbury Antiques Trail. With more than 35 dealers, the "antiques capital of Connecticut" is not housed under one roof or on one lot. It is made up mostly of Colonial or Victorian houses situated along Route 6.

NEW HAVEN

The Shops at Yale on Broadway and Chapel Street is a nice complement of national retailers including Apple, Patagonia and Urban Outfitters operating alongside one-of-a-kind local businesses including Atticus Bookstore Cafe, Campus Customs, Wave Gallery, dwell New Haven and Hell Boutique.

THE CASINOS

Casinos know that if you win money, you're going to spend money. The lone Tanger Outlets remaining in the state is at Foxwoods along with spots such as highend jeweler Bulgari and men's clothing store Misura. Over at Mohegan you'll find Lux Bond & Green, Coach and Swarovski.



DRA CLINE



SALISBURY

Like many towns in the Northwest Corner, Salisbury offers four seasons of outdoor activities. In the warmer months, you have many choices for fun on the water; six lakes, several ponds and the Housatonic are filled with swimmers, boaters and anglers. While it might be too chilly these days for a dip, you can still take advantage of the countless hiking and walking trails, including up Bear Mountain, the state's highest peak, and the Appalachian Trail. And when it gets truly frigid, Salisbury really soars. Jumpfest is held over three days each February at Satre Hill, where the best ski jumpers around take to the skies.

LITCHFIELD

If you want to push your body to the limits of physical exertion, Litchfield is your place. Should you instead seek serenity, Litchfield is also your place. Which to choose? Why not both? For the physical activity, head to Mount Tom State Park, where a strenuous hike leads to a stone observation tower and one of the best views in the state. For easier hikes — 40 miles of trails, to be exact — visit White Memorial Conservation Center, a land trust featuring a variety of environments. For a different sort of experience, visit on the night of Nov. 17, when the Litchfield Hills Amateur Astronomy Club hosts a public star- and planet-gazing party. Your moment of zen awaits at the Lourdes in Litchfield Shrine, a replica of the Lourdes Grotto in France sitting on 170 acres of wooded bliss.

KENT

You probably know by now that we're in love with Kent Falls State Park. This series of falls that tumble a total of 250 feet to a reflecting pool is a sight to behold. While you can hook into the Appalachian Trail here, don't forget about Kent's other outdoor gems. They include Macedonia Brook State Park with its outstanding hiking trails, and Lake Waramaug State Park with 75 acres of swimming, watersports, camping and more.

HAMDEN

Don't sleep on this "Giant" of outdoor fun. Unmistakable from miles around, Sleeping Giant State Park in southern Connecticut is one of our great natural wonders. Hiking and mountain biking are the names of the game here, with a 1½-mile path to the top of this trap-rock ridge giving a 360-degree view south to Long Island and north beyond Hartford. Just be careful traipsing around the hills; according to Native American legend, a tempestuous entity long ago wreaked havoc in these lands before he was put to sleep by a spell. If you're in search of a flatter (and paved) experience, join the walkers, bicyclists, skaters, runners and others on the Farmington Canal trail.

UNION

Head to this spot in the northeast corner and you won't find an overabundance of people (the population at the 2010 census was 854). But you will be among throngs of wildlife — even if they don't reveal themselves to you — including deer, bear, moose and bald eagles. Should the fauna go unseen, no matter; you still have 9,000 acres of recreation opportunities with Bigelow Hollow State Park, with its lovely ponds and 300-acre Mashapaug Lake, and the adjacent Nipmuck State Forest.

COLUMBIA

Another secluded spot in the Quiet Corner, Columbia's biggest outdoor selling point arguably is its namesake lake, offering all manner of water fun. But also check out the peace and quiet of Mono Pond State Park Reserve with 218 acres of wooded land and pristine water. Hiking, swimming, fishing, boating (don't go over 8 mph, though) and bow-hunting are all right at home here. For a sense of history, hop on the Air Line State Park Trail. Built in 1870 as a railroad right-ofway, this trail passes through town and offers biking, walking and running when the weather is warm, and cross-country skiing when it is not.

CORNWALL

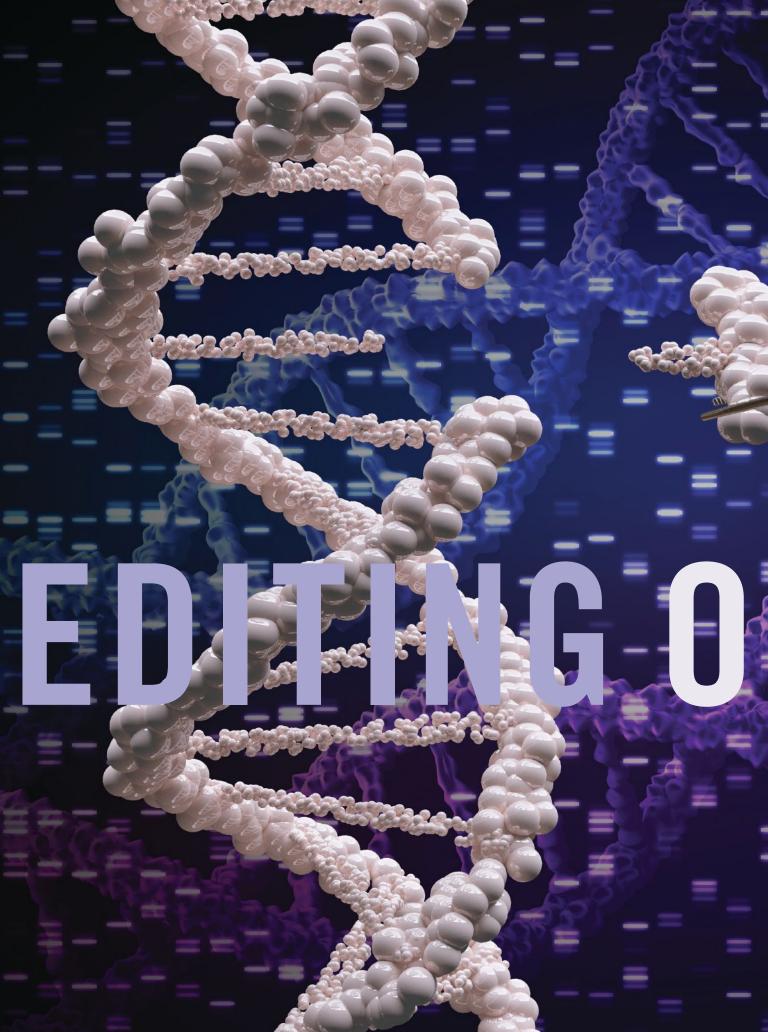
Back up in Litchfield County, the presence of 1,600-foot Mohawk Mountain, with its 25 trails and 650-foot vertical drop, makes Cornwall one of the best winter destinations in the state. Hiking is also big here; prime locations include Mohawk State Forest, with its stunning views as you ascend the mountain, the Appalachian Trail, and Housatonic Meadows State Park, which also offers trout fishing in the Housatonic River. Speaking of the river, if you really want to get wild, board a canoe, kayak or raft and brave the northwestern segment of the Housatonic.

NEW MILFORD

This western Connecticut town's outdoor options are poised for a big step up in the coming years. Just last month, preliminary designs were presented for a nearly 10-mile trail along the Housatonic River. While it's too early to know when the project will be completed, the work will likely be done in stages and, once finished, finally offer residents an unbroken path for biking, walking and running. Even without this addition, New Milford boasts Lovers Leap State Park, with nice hiking and a beautiful spot at a bridge 54 feet above the Housatonic, space along gorgeous Candlewood Lake, the state's largest inland body of water, and the pleasant surroundings of Harrybrooke Park.

SIMSBURY

As we detailed in a recent roundup of our favorite fall foliage destinations, Simsbury is home to one of the best leaf-peeping spots in the state. But Talcott Mountain State Park is a year-round source of excellent hiking and seemingly endless views of the Farmington River Valley and beyond. And its mountaintop Heublein Tower is a can't-miss feature, though the historic home and museum is closed in the winter. Stratton Brook State Park is another spot for four seasons of activities, including swimming, biking, cross-country skiing, ice skating and more.





nside a Yale lab, Adele Ricciardi is pouring small amounts of a clear liquid into two glass vials. Dressed in a white lab coat and wearing pink-rimmed lab glasses, the M.D. and Ph.D. student at Yale is preparing PNA molecules, which are a type of synthetic DNA.

These molecules will ultimately be encapsulated in microscopic nanoparticles. These tiny particles, which are billionths of a meter in diameter, are designed to deliver the PNA molecules to specifically targeted cells where they can attach themselves to mutated DNA within living mice or human cells, and rewrite parts of their genetic code.

Ricciardi works in the lab of Peter Glazer, a Yale geneticist and M.D. Glazer's lab is one of several in Connecticut on the frontier of one of biology's most exciting emerging fields: gene editing, the process of correcting, deleting or inserting DNA into the genome of a living human or animal.

Gene-editing techniques, though they have become commonplace in labs, have not been widely used in humans. That could soon change, experts say. In the coming years there is hope that emerging gene-editing technologies will provide a host of treatments and possibly even cures for a wide range of conditions.

Many Connecticut researchers are on the cutting edge of this field. Here we take a closer look at some of the research currently being done in the state and some of the misconceptions surrounding gene editing.

NES

WILL GENE EDITING LEAD TO DESIGNER BABIES?

A major misconception about gene editing is a belief that it will soon lead to parents selecting preferred physical and mental traits for their unborn babies, creating so-called "designer babies" who are better-looking, faster, smarter humans. This is not the direction gene-editing technology is headed, experts say.

"A lot of that is a science-fiction type of viewpoint. That really has nothing to do with what people are working on now in gene editing," Glazer says. "What my lab and most other academic labs, and some of the companies that have sprouted up, are trying to do is use gene editing in a very focused way to fix specific mutations in genes that are linked to very well-characterized diseases. Something

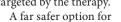
like sickle cell anemia.

"If someone said, 'Please make a human that can run fast,' no one would know how to do that."

Stormy Chamberlain, a geneticist at UConn Health, agrees. "People incorrectly assume that the only use for this technology is to make designer babies. This technology is going to be much more widely used and going to have a bigger impact on the development and testing of pharmaceuticals," she says. "We all understand there's a slippery slope between fixing a disease-causing gene and changing a trait or a characteristic that we find less desirable."

Beyond the moral and ethical implications, there are also practical ones.

The gene-editing techniques that are currently being used on animals in labs are often imprecise and can have what are termed off-target effects, when changes occur to genes that are not being targeted by the therapy.



parents already exists through embryo testing and selection with in vitro fertilization. "If a couple knows that each of them are carriers for a [gene] variant that carries cystic fibrosis, what they might do is, rather than risk having a child with cystic fibrosis, they might undergo IVF and have each of the resulting embryos tested for whether or not they've inherited both mutations from the parents," Chamberlain says. Assuming the disease is well understood and can be tested for in embryos, parents can then choose the embryos that are mutation free.

"If you can select the embryos that don't have the disorder, there's not a real reason to correct the gene-causing mutation," she says, especially considering a gene-editing attempt might have an off-target effect.

WHAT KIND OF GENETIC TESTING IS BEING DONE WITH IVF?

Unlike gene editing of embryos, which does not occur in a clinical setting, genetic testing and embryo selection to avoid severe childhood disease and chronic conditions is fairly widespread.

Maurice Mahoney, an M.D. and professor emeritus of genetics and of obstetrics, gynecology and reproductive sciences at Yale School of Medicine, says this process is relatively common.

"The whole purpose is to allow selection for embryos without disease and reject for implantation embryos that have disease," Mahoney says. "Some couples will extend that if they can to say, 'We don't even want our child to be a carrier of one of our mutations like each of us is."

Mahoney says that "selection on disease isn't highly controversial overall in our society, but there are still ethical questions that are debated.

"[There are] people in the disability community who say, 'You're trying to identify us and say we're not acceptable to join the human society.'" He adds that you have instances "where the parents want a child born with that disorder. The most talked-about communities where that practice occurs at times is in the deaf community and with people with short stature who want only children like

themselves or like the people in the communities of people that they belong to."

There is also debate about just how far this method should be taken. Currently it is used for childhood diseases, but there are those who would like to extend it and select embryos that likely have lower chances of cancer, heart problems or psychiatric disease such as schizophrenia or

bipolar disease. Even as it becomes more plausible, Mahoney says "some people are very much opposed to selecting babies for the purpose of not having a baby born who has a higher risk for those type of disorders."

ROBERT A LISAK

Dr. Peter Glazer

Other questions arise when the technology is used to select embryos based on gender, not disease, which Mahoney says does occur sometimes. But he adds that most of the ideas associated with the term "designer babies" remain the stuff of imagination.

"Designing what your child is going to be like in terms of intellectual capacity, physical capacity, emotional capacity, those things which people have dreamed about, and wondered what you might do, we don't know enough about it, and the ethical discourse about that is all over the place," he says. "In general, mainstream prenatal diagnosis or IVF services aren't talking about that and aren't doing that."

WHAT GENE-EDITING TECHNIQUES ARE BEING STUDIED IN CONNECTICUT?

At UConn Health, Chamberlain is exploring ways Angelman syndrome, an autism-like disorder, may one day be treatable with CRISPR-based gene-activating or -silencing treatments administered during a child's first year of life. Angelman syndrome is a rare neuro-genetic disorder, with characteristics including developmental delay, lack of speech, seizures and walking and balance disorders. It is caused by a mutation of the UBE3A gene, and Chamberlain is developing strategies to



fix that mutation using CRISPR-Cas9 to test therapeutic approaches in the lab. If it ultimately works, Chamberlain's still-indevelopment method could have implications for autism treatments in the future.

CRISPR-Cas9 is the most common geneediting tool. Consisting of RNA and an enzyme, and often described as a type of molecular scissors, CRISPR-Cas9 can cut DNA at specific sites and introduce new information that will be incorporated into the DNA as it repairs the cut. Modified versions of CRISPR-Cas9 can also turn off or on genes by binding to DNA and bringing with it proteins called activators and repressors, respectively.

"Autism is really a collection of distinct neurodevelopmental disorders," Chamberlain says. "I think once we identify a specific therapy for an autism-like disorder such as Angelman syndrome, that's a proof of principle that can be applied to other genetic forms of autism. I think then that raises the bar, that says we need to be able to look for the genetic causes of autism and be willing to look harder for genetic cause[s]. Because for each case where we can pinpoint a genetic cause, we can go back and [use] CRISPR technology, for instance, to design a specific therapy for those kids."

Most versions of CRISPR-Cas9 technology can only work in one mode at a time, says Albert Cheng, an assistant



Albert Cheng, assistant professor at The Jackson Laboratory for Genomic Medicine, works at the Farmington facility.

professor at The Jackson Laboratory for Genomic Medicine in Farmington. Cheng has developed a modified version of CRISPR-Cas9 called Casilio that can operate in different modes on multiple genes at once.

"The original CRISPR-Cas is like the first cellphone: you can call but you can't do other stuff," he says. "[With] the new version of CRISPR-Cas9 we're trying to make, you can now install apps, you can do different things on the genome at the same time, like a cutting-edge smartphone."

Cheng is working on developing the Casilio platform so that it can allow for editing of dozens of genes at once. Ultimately he hopes "people can use it to edit, turn on, or turn off different genes at the same time. That's very powerful because in a lot of biology and disease problems it's not one gene that is affected but multiple, tens or hundreds of genes, and they are affected in different ways."

Cheng is not working on a specific disease but rather on developing a platform that gives other researchers a more effective and accurate method of targeting specific genes. CRISPR-Cas9 is not yet perfect. Cheng likens existing CRISPR-Cas9 technology to the autocorrect on smartphones. "It sometimes gives you the wrong edit. There's much work to be done to make it 100 percent accurate," he says.

WHAT OTHER GENE-EDITING TECHNOLOGIES ARE BEING DEVELOPED?

Glazer, from Yale, and W. Mark Saltzman, a Yale biomedical engineer, have designed nanoparticles that deliver synthetic DNA the PNA molecules Ricciardi was preparing in the lab — and provide an alternative gene-editing platform to CRISPR-Cas9. This technology has shown promise in lab tests with mice and human cells in cystic fibrosis, sickle cell anemia and thalassemia, a genetic disorder that can cause anemia.

In mice with thalassemia, the PNAcarrying nanoparticles were able to repair about 5 percent of the target cells. CRISPR acts on 30 to 50 percent of target cells, but the Yale method has a major advantage because the off-target effects are 10,000- to 100,000-fold lower than CRISPR.

Using the nanoparticles on mice with cystic fibrosis, Glazer and his collaborators were able to elicit genetic changes, but not in enough cells to constitute a cure or treatment for the disease. "We didn't really fix the disease, but we could detect gene editing, so it was sort of a first step," he says.

He believes they are closer to developing a treatment for sickle cell anemia that could lead to human trials.

"We know from the work we did in thalassemia that we can get correction in the bone marrow in the range of 5 or 10 percent of the cells," he says. "We're not quite there

with the sickle cell target, so we need to get up in that range or maybe in the 15 to 20 percent range, and I think once we do that it will be possible to start a clinical trial."

HOW FAR AWAY ARE GENE-EDITING THERAPIES IN HUMANS?

Chamberlain says, "From the research I'm aware of it seems like a long ways out, but I suspect that some companies are working on this in private. I think that field is so hot and moves so rapidly that I think the companies working on this are holding the cards close to their chest."

Chamberlain has heard "rumors that a lab in Boston has miniaturized a CRISPR activator." She adds, "The only reason to miniaturize it is to really make it so it's therapeutically useful," which means this lab likely has a proof-of-principle treatment in development.

Cheng says gene editing is now mostly used by scientists to model diseases and identify disease-causing genes, but that the most exciting aspect of the field is using it to "directly treat diseases." He says there are many projects on the horizon. "There is a lot of work already done on animal studies and proof-of-principle studies to treat diseases. You can change one particular gene and make cells HIV resistant. ... People have already used it to inactivate viral genes in the pig genome, so you can make organ transplants from pig to humans safer [and possible]."

Some of these future advancements may be thanks to work done in Connecticut.

For her Ph.D. thesis, Ricciardi is working with Glazer and Saltzman to perform in utero gene editing of developing fetuses.

"We're doing this in mice now," she says. "The idea is that you can prevent some of the disease manifestation or organ damage from occurring before the baby is born if you're able to correct the genes early enough. That is a big step forward for gene editing because no one has corrected a gene in utero. People have worked on delivering components of genes but no one's actually corrected a gene in utero — that's what we're excited about."

She can't disclose the specific conditions they're working on, as the research has not yet been published, but she says the focus is on serious conditions that affect children. "These are diseases that make children sick. If a child had this disease they would be spending [a] significant amount of time in doctors' offices receiving therapies that are treating the symptoms of their disease but not necessarily correcting the underlying genetic [cause] that's causing the disease."

Ricciardi says creating real-world treatments is what drew her to this area of research. "I wanted to work on a project that was translational, something that we were working on in the lab that applied to human disease."

GATHERING

"I coulda easily went left."

The Quiet Storm can't stop talking. Or smiling. He's shadow boxing and talking to the two or three people who are there to listen in the dressing room, deep in the Twin River Casino in Lincoln, Rhode Island. The West Haven resident turns 31 today, undefeated with 14 wins (including six knockouts) and one draw, and he's about to enter the ring and fight a 30-year-old southpaw from Union City, New Jersey, named Juan Rodriguez.

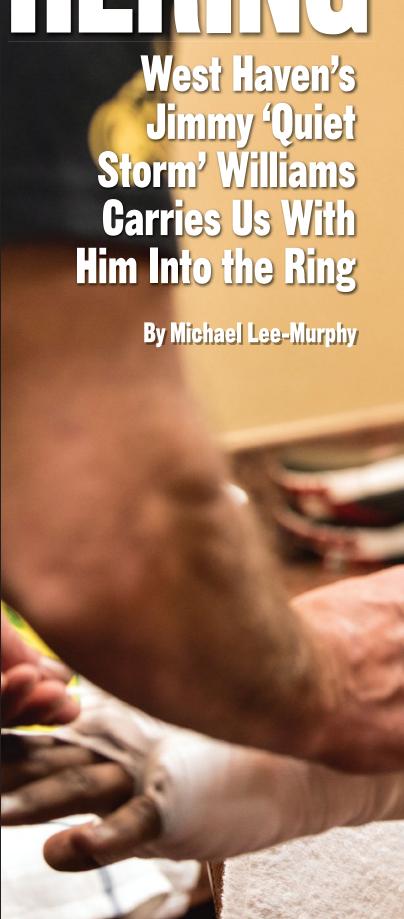
Maybe that's what has the Quiet Storm talking in this calm moment before his fight. He's also from New Jersey, about 40 minutes away from Union City in Plainfield, and he's thinking about how far he's come. Left means he might have turned cold after enduring the types of losses that come far away from the ring. "Especially after my mom." Jimmy "Quiet Storm" Williams says this not in anger but with a serenity. He smiles easily, and his smile radiates calm. "I'm about to go out here and do what I do. I don't get nervous. It's whatever." Whatever here is not a shrugging but a squaring-up of the shoulders. It's whatever.

As he throws punches, he throws glances, too: a glance through the open door into the hallway where fighters and workers and trainers and officials come and go, a glance toward the silent television that shows what's going on in the ring. He takes time out to console a fighter who has just lost. "Keep ya head up, keep grinding," he tells the defeated boxer.

There aren't many other Connecticut fighters on the 10-fight undercard. Meriden middleweight David Wilson was the victim of some strange scoring by the judges in six of the more exciting rounds of the evening, in which he emerged disappointed, but upbeat. Most of the fighters on the evening's undercard are from the small, rumble-tumble cities that dot southeastern New England: New Bedford, Worcester, Fall River, Providence — the usual catchment for the Providence-based CES Boxing promoters who are putting on the show.

Williams lives in West Haven and fights out of New Haven, which is not in the typical Rhode Islandsoutheastern Massachusetts wheelhouse. Tough as anywhere, though. That the main event of the night is two Jersey fighters in a Rhode Island casino is an accident. Williams only took the fight on two weeks' notice, stepping in as the replacement in the main event, after Worcester's Khiary Gray sustained an injury in training. There are a few people outside with T-shirts that read "Westies for Williams," but there aren't many.

Earlier, Williams' head trainer Brian Clark was talking about what can happen when you go into another fighter's turf and beat him in front of his friends and family, in front of his community. He saw this happen when one of his fighters, who was a black New Havener, beat an Irish-American fighter in South Boston. There was a less-than-enlightened discourse about race in America from the crowd. Williams and Rodriguez should have no such trouble here, though. Neither are hometown guys.





There are other annoyances. For the \$47 fans paid for a general-admission ticket, there were 10 fights to watch before Williams and Rodriguez in the main event. Some fights were better than others and all the locals have already fought. For local interest, chief among them was big Juiseppe Cusumano, the Italian heavyweight from Providence who deconstructed 36-year old Matt McKinney from California. The Californian had spent more time fighting journeymen in Tijuana than on the East Coast.

Watching a fight at a casino is a work of contradiction and paradox, as is much of boxing in general. Men and women train their bodies up to peak physical condition, only to go in and have them attacked, battered and broken. Just as the ring is pure energy and discipline, the casino is pure leisure and disorientation, designed around losing your sense of direction, finance and sobriety.

All night, the Events Center at Twin River had pulsated with fight fans of all shapes and sizes, a world apart from the stillness of the Quiet Storm. There was a Gotti: the grandson of the Dapper Don, trying to launch a career as a mixed martial arts fighter. "A lion in a cage is still a lion," the shirt reads. There is the classic casino smell, a mixture of cigarettes and perfume and cologne and fried food and excitement. Young men drunk with alcohol and admiration do their own shadow boxing, watching guys from their hometowns do the real thing.

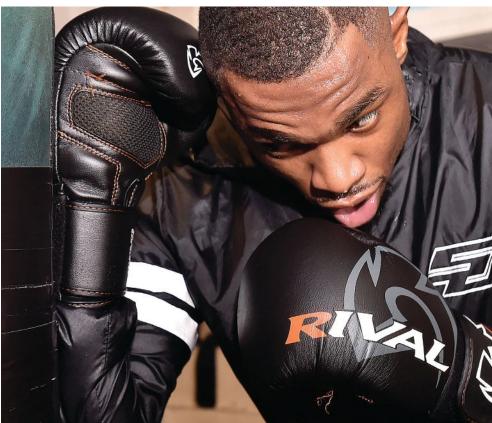
As Clark tapes Williams' hands in an elaborate ritual that resembles the work of a priest as much as a boxing trainer, a man pokes his head in through the open dressing room door. "Stop smiling," the man ribs. "I got a lot to smile about," Williams replies.

By the time the Quiet Storm walks through the tunnel toward the ring, many of the Rhode Islanders have left. Casual fans may have drifted off to watch the highly touted Canelo Alvarez-Gennady Golovkin fight at Murphy's Law in nearby Pawtucket. No bother. Williams is still calm.

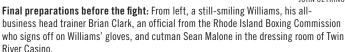
Rewind three days and the Quiet Storm is getting in his last training session at Ring One Boxing on Congress Avenue in The Hill section of New Haven. The gym has its own patina of smell — mostly sweat and hope. This is Clark's gym, and his living room. He sleeps upstairs. Clark has been training New Haven fighters, mostly amateur, for decades.

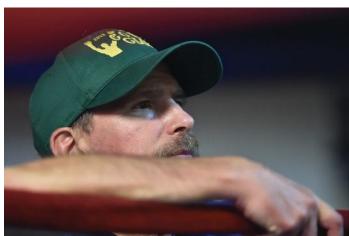
The walls of the gym are covered in old newsprint, photos of fighters who have come and gone. There is a story from the *New Haven Register* about Chad Dawson as a 13-year-old. "Bad" Chad was the first boxer Clark trained up all the way from











Putting in work: Williams goes through his final training session at Ring One Boxing in New Haven a few days before his bout with Rodriguez in Rhode Island. **He sees well enough:** Though his vision has taken a hit through the years, Clark sees all at his Ring One Boxing gym, where he has trained some of New Haven's best fighters for decades.

childhood into his professional career. He left Clark after nine professional fights, and would go on to become the light heavyweight champion of the world. After leaving Clark, Dawson was trained by people Clark disdainfully calls house painters, often with a colorful modifier attached to the name. "They come along. The foundation's poured, the frame is all framed. The roof's in, the plumbing, the electrical: it's all done. You come in and say you built it. You didn't build a m-----ing thing. ... F---ing house painters."

Clark acknowledges that he is a bit of a house painter with Williams, and defers most of the credit to the late Johnny Davenport from back in New Jersey, under whom the Quiet Storm had 17 amateur fights and who once trained Lennox Lewis. Williams has been training with Clark for three years. Their first fight together was at Mohegan Sun, on a day when Clark had the second of his two open-heart surgeries. "I got out of the hospital and then went to the fight," Clark says. They had to push him up the stairs into the corner between rounds.

Clark says he doesn't see too well, but he sees well enough to notice from across the gym in mid-conversation that a lanky amateur called Superfreak isn't turning his hips enough as he hits the bag. Clark is gruff, but not gruff enough to scare off a mother who appears at the gym door on a Wednesday afternoon. "I got three boys. You got space?" she asks him. "I got tons of space. Who you got." She has a 14-, 13- and 11-year-old. New fighters start on Friday, he says.

The 59-year-old Clark has been training fighters in New Haven since the late '80s. On a frayed piece of paper taped to the front door of his gym, Clark lists his rules. There are rules about dues: \$25 a month, \$10 for New Haven public school students, and if someone is "training the way they should and can't pay, exceptions may be made." There are rules about junk food ("bring it in and I will throw it out"), and about relatives ("No fathers, uncles or any other boxing 'experts.' If I coach you, then I coach you.") He knows well the tug-of-war, with him on one side, drugs and violence on the other, and his fighters in the middle.

Clark calls forth a story of late Bridgeport boxing legend George Russo, 85 years old at the time, mourning one of his best fighters in jail on a drug charge, and another dead of a gunshot to the head. "Just one. I just want one kid to make it," Clark recalls Russo saying, as the hair on Clark's arm stands straight up.

Clark has seen one of his fighters make it, but he's lost a fighter, too. In 1994, 21-year-old Jose Santiago was shot to death near Davenport Avenue and West Street, feet away from where Ring One



Fighting for new life: Christina and Jimmy Williams with their 2-week-old twin boys Logan and Austin, who were born on Sept. 5. CATHERINE AVALONE

stands and across the street from the Evergreen Cemetery, shot to death by a 17-year-old with a MAC-11 machine pistol in a dispute over a bicycle. "It kinda makes me feel like I failed him, that he was there and not here," Clark told the *New Haven Register* at the time. Four years before Santiago was killed on Davenport Avenue, the fighter's father had been stabbed to death. Today there is a makeshift shrine to Santiago in one corner of the gym, with photos of the boxer training with a younger Clark.

Williams has lost more than a few people in his life. His mother's name is the first of five names of the dearly departed that are stitched into his trunks. Death is never far from Williams' mind. He says that everything he does, including his boxing career, is for his mother. Belinda Williams was murdered in Plainfield in 2008, found strangled to death in a crime which remains unsolved.

Williams came to New Haven in 2005 to attend Southern Connecticut State University, where he was a defensive back on the football team, leading the team in interceptions his senior year. Williams was in a meeting with the team when he received the call from his sister that his mother had been murdered.

The next day, he says, "I woke up a different person." Angry and grieving, but

I fight for everyone that ever lost someone.

with a drive. "I think about it every day, I ain't gonna lie," he says.

After being invited to try out for the Oakland Raiders, Williams turned to boxing, which he had done as an amateur in New Jersey, looking up to Harold "The Shadow" Knight, a promising local fighter forced to retire at age 25 due to a medical issue. Belinda had always said her son would be a good fighter.

On his trunks, below the name of his mother is the name of his father, Renaldo, who died in 2014 from cancer. Below that is the name of Alize Resto, the daughter of a work colleague of Williams' wife, Christina, who works for the state enrolling people in the Department of Social Services. He dedicated a January 2015 fight against Jose Felix to Resto, who died in 2014 from cancer at the age of 11. Then the number 525, for Williams' friend Willie Major, who was gunned down in Plainfield in 2016 on May 25.

While those four grace his right leg,



the left bears the name Ben Callahan, the Branford 10-year-old who died this past summer in a drowning accident. Williams came to know the Callahan family through the Branford gym where he does his strength and conditioning training. In August, Callahan's two brothers walked the Quiet Storm into the ring to defend his World Boxing Council U.S. National Boxing Council welterweight belt against Issouf Kinda. Williams dedicated his fight to young Ben.

While Williams' nickname is the Quiet Storm, you might call him a quiet shepherd, quietly maintaining his flock. For his day job, Williams works as a truancy officer and something of a



guidance counselor in the West Haven public schools, keeping kids from *going left* like he might have gone. As long as Williams has been fighting, he has been fighting for the dead of his family, of his community, carrying their names with him into the ring. "I fight for everyone that ever lost someone," he says. That means, of course, he fights for all of us.

On Sept. 16 in Rhode Island, though, he fights for new life. On Sept. 5, Christina gave birth to twin boys, Austin and Logan. Clark says he's a new fighter. Maybe it's because he's now a father, but Clark doesn't like to speculate. "I don't know what the hell it is," Clark says.

The Quiet Storm's walkout song is "Dear

Mama" by Tupac, a paean to a mother who has suffered too much, from a son who was too wise for his age. On Aug. 26, Williams stepped into the ring in Foxwoods against Kinda, a rangy fighter from Burkina Faso in West Africa, by way of the Bronx. The fight ended in pandemonium.

In the fourth round, the two boxers clinched, as fighters might do dozens of times in a fight. Referee Steve Smoger approached the fighters, and while standing bizarrely close to them, told the two fighters to punch out of the clinch, rather than just break them. Both fighters threw right hands. Kinda's was a looping shot that accidentally connected with the referee. Williams' right hand was lethal,

and connected with Kinda's jaw. Knockout. Fight over. Kinda's corner stormed into the ring, and for a brief moment it looked like one of Kinda's guys was going to throw a punch at Williams. Williams might have been forgiven for pre-empting him, but the Quiet Storm was calm.

Williams' cutman, Sean Malone, jumped into the ring to intercede. Malone, a Wallingford Irishman and a former boxer himself, hasn't knocked someone out at Foxwoods since the 1990s. The look on his face says he could do it that moment if he had to. He didn't have to. Foxwoods security separated the two camps. After the fight Williams would say that if Kinda's corner was upset, "we could get a rematch.

Jimmy Williams NICKNAME The Quiet Storm STYLE Orthodox (right-handed) AGE 31 HOMETOWN West Haven DIVISION Welterweight RANKING 35th in the U.S. DEBUT Jan. 19, 2013 (defeated Noel Garcia by knockout at Mohegan Sun Casino) > 15 wins > 0 losses > 1 draw

It don't matter. We could do it again." He looked at Kinda's corner and repeated himself. "Let's do it again," he told them. It's whatever.

The Kinda-Williams fight was the same night of the crossover bout between Conor McGregor, the MMA superstar, and Floyd Mayweather, the undefeated boxing legend.

Three weeks later, without nearly as much hype, but in front of a collection of dedicated fight fans, Williams, a truancy officer, fights Juan Rodriguez, a nightshift worker at FedEx back in New Jersey.

Michael Woods, the New York City-based writer calling the fight for the *Fightnight Live* streaming broadcast, admires Williams for taking the fight so soon after his last. "He loves the sport, he loves old-school values. They used to fight all the time, and he's an old-school kinda guy," Woods tells the more than 150,000 viewers who stream the fight.

Early in the first round, both fighters are feeling each other out. The Westies are screaming for their guy. Clark's voice has been shot all week, so he has fashioned a megaphone out of a coffee cup with the bottom torn off, but mostly has to relay his directions through Malone. The fight is scheduled for 10 rounds, and Rodriguez is the first southpaw Williams has fought. Using his right-hand jab, Rodriguez backs Williams into a corner, but Williams uses footwork to spin out of it, catching Rodriguez with a right hand on his way out. Williams takes the first round comfortably, calmly.

Some 2,700 miles away in Las Vegas, GGG and Canelo are just about getting started.







The Beast delivers a blow: In the final two rounds, Rodriguez lands some shots on a hurting Williams. JOHN CETRINO

Here in Rhode Island, Williams connects with Rodriguez's chin in the second round in the fight's most pivotal moment. The Quiet Storm had landed a right hand straight through the guard of Rodriguez earlier in the round, and with 30 seconds left in the second round, another opening presents itself. Williams fires the left jab to disorient Rodriguez, and then a straight right hand catches the New Jersey southpaw right on the chin, as the Quiet Storm spins right. Down. Rodriguez is not on the mat for long. He pops right back up after what would be the only knockdown of the fight.

But there's a problem, a problem which threatens to disrupt the new sense of calm Clark said had come over his fighter in the last two weeks. Though his corner and his fans and his opponent and everyone else except Williams doesn't know it, the knockdown punch tweaks something in Williams' right arm. We would later know it to be a deep-tissue contusion, the swelling startling those in his dressing room after the fight.

The Quiet Storm doesn't panic. He doesn't tell his team what has happened, and he is back out of his corner for the third round before Rodriguez is out of his. For the rest of the fight, Williams is pretty firmly in control. The ninth and 10th rounds, however, provide some difficulty for Williams, as Rodriguez starts to brawl. Wild, looping punches rain down as Williams plays defense. The fight is never in doubt, but the punches are enough for Williams to feel them.

The three judges score the fight in favor of Williams, and the representative from the WBC ties the belt around Williams' waist. The WBC USNBC belt is what is known as a minor belt in the boxing world, but don't you dare tell that to anyone who holds one. Those who hold it are still addressed by that boxing honorific, *champ*. How's the arm, champ? Good fight, champ. Since he earned it after dismantling Nick DeLomba in this same Rhode Island casino back in April, Williams has defended his belt from two professional fighters who wanted it, from two guys who get paid to punch people. Nothing minor about it.

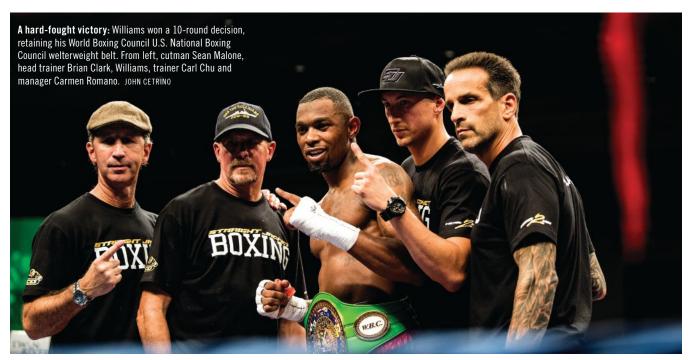
There are, of course, things to work on. Naturally, Clark is in a rage about Williams

not moving his back foot forward when he throws his right hand. It doesn't erase Williams' smile, though.

Back in his house in West Haven a few days after the fight, as the Quiet Storm holds Austin and Christina holds Logan, I ask Williams if the arrival of his new sons made him fight differently. "It made me box smart. I box with intelligence because now I do have a family," he says. "I was hurt. I did it the smartest way that I know how: not showing my opponent I was hurt." Serenity in a fight, calmness as pragmatism.

Williams' manager, Carmen Romano, says his next fight will be on Dec. 2 at the Connecticut Convention Center in Hartford. Williams won his belt in Rhode Island, and defended it there, too. Now he wants to defend it at home again, in front of the Westies, in front of us.

In a sport full of paradoxes, here is another: boxers are the most solitary of athletes, but at the same time we are all on their team. Mexican and Irish fighters are legendary for having entire nations on the team. It is the rare fighter, though, that is on our team.





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Showstopper

AT OSA IN MIDDLETOWN, A STRIKING WOOD INTERIOR CAPTIVATES, AND HOMEY, ITALIAN-INSPIRED CUISINE INVITES SHARING | BY MICHAEL LEE-MURPHY

Some seven years ago, local chef Matt Wick was working for his room and board at a bed and breakfast in the middle of a nature reserve on the Tiber River, north of Rome. The owners of the farm had effectively adopted a wild boar. The boar had free rein over the

property and "she was sort of like a dog," Wick says. "We really got to kind of bond. I liked her a lot. She was my buddy."

The boar was named Osa. The new restaurant on Middletown's Main Street where Wick is the head chef now bears the boar's name, and an image of her adorns the front door.

Wick says he was moved by the way in which his Italian employers took the boar in, and wants to bring that open, radically hospitable spirit to his cooking. Having a wild boar for a

pet is striking, and so is her namesake restaurant. The first thing greeting guests as they walk through the door at Osa is the decor. It is very easily one of the most impressive designs I've ever seen for a restaurant.

0sa

Middletown

Like stowing away in the hull of a great wooden ship, you are encased in slats of pine. The dining room is of a moderate size, with space for about 60, and the wooden surroundings give the room an even more intimate vibe. The arrangement of the slats subtly —



Mushrooms and polenta PHOTOS: JULIE BIDWELL

and brilliantly — plays with light, creating an effect in which the restaurant is well lit, but utterly diffuse. It's an odd arrangement, and it takes some getting used to, but it's very, very cool.

The menu, full of Italian-inspired, wood-fired dishes heavily reliant on Connecticut ingredients, is divided into three parts, and almost everything is built around the idea of sharing. The first part is for snacking, according to our waitress, and has small plates designed to accompany beer or cocktails. Think high-quality finger food, but drawn from a broad range of styles. The grilled shishito peppers and scallions were the star of this portion of the menu, while the curious should try the spicy pork rinds with clam dip.

The heart of the offerings is dishes that are slightly larger, but again meant for sharing. Two people might get three or four for a meal. From this portion of the menu, roasted oysters from

Mystic, topped with smoked guanciale, were exquisite. Roasted oysters (four of them served warm) was an unfamiliar taste, but the dish was intriguing enough for me to demand the second oyster from my three-person dining party. Newly introduced for the fall menu was roasted squash with cheese, apple and honey. The squash is topped with the rich, buttery, locally made Sea Change cheese from Mystic Cheese Co. The lamb agnolotti with a smoked tomato sauce had a layered texture, and was unusually delicate for a tomato sauce and pasta dish. It's a highlight of the shareable plates.

The menu also usually features three large main courses, and it's in these that Osa's sophistication shines brightest. Wick says the menu changes a few dishes almost every night, and will change according to what's available from local farms. On the night I visited, the three options (each meant to be shared between two or more following the small plates) were whole grilled sea bass, whole roasted poussin (a young chicken), and mushrooms and polenta with charred dandelion. We opted for the seabass and mushrooms and polenta. Both had tastes reminiscent of rustic, earthy cuisines. The mushroom-and-polenta dish came with a rosemary gravy that gave a cozy feeling not unsuited to a Thanksgiving meal.

The seabass was perhaps the most ambitious of Osa's offerings on the night of our visit. Served with the head of the fish intact but with the backbone removed, the seabass is charred beautifully, and served with a simple salad of pickled vegetables. As one of the most eye-catching items on the menu, one could forgive Wick for going overboard with the dish, but he doesn't. There is nothing outlandish here, and the fish is allowed to speak for itself.

While the seabass might be more of a summer fixture of the menu and other fish may replace it, the dish encapsulates what Wick brought back from Italy. Not an Italian dish per se, it comes imbued with a certain unfussy attitude. "All the restaurants I worked in in Italy, they would get fresh fish in every day, and bring them out to the dining room and let people pick what they want," Wick says. While the smaller dishes are the focus at Osa, the bigger entrées hold a special place in Wick's heart. "I really wanted to make some largeformat dishes: really just comforting and homey in a style that to me really resonates."

The desserts are simple enough, with offerings of a strawberry semifreddo and roasted peaches the night I stopped in. My party preferred the peaches, but both desserts were serviceable, if not showstoppers.

Osa is in some ways a marriage of two popular Connecticut restaurants: the River Tavern in Chester where Wick cooked previously, and Krust Pizza Bar, which is just a few blocks away in Middletown's north end and is also the brainchild of Osa owners Rich Garcia and Kevin Wirtes. The opening of Osa was particularly hyped, in part because of the runaway success of Krust in recent years. Fans of Krust will notice echoes of the pizza place in the design of Osa, featuring the same sweeping, stunning wood-paneled interior from designer Jason Paradis. Believe the hype.





Above: Head chef Matt Wick, center, and coowners Kevin Wirtes, left, and Rich Garcia. Left: The image on Osa's front door. Below: Roasted peaches. **Bottom**: Shishito peppers and scallions.





0sa

500 Main St., Middletown

860-358-9782, osarestaurant.com

Price range: Small plates \$6-\$15 (grilled shishito peppers and scallions \$8, spicy pork rinds with clam dip \$10, roasted squash \$12, roasted oysters \$14, lamb agnolotti \$14); mains (for one hungry person or two) \$22-\$30 (mushrooms and polenta \$22, whole roasted poussin \$26, whole grilled sea bass \$30); desserts \$8-\$9 (strawberry semifreddo \$8, roasted peaches \$9)

Hours: Wed.-Thu. 5-11 p.m., Fri.-Sat. 5 p.m.-midnight, Sun.-Tue. closed Wheelchair accessible

AMBIANCE Astonishing design takes a minute to get used to, but feels truly special. The crowd is a nice mixture of those sitting down for a formal meal, and those sampling the impressive, if restrained and curated, beer and cocktail list.

SERVICE Very accommodating. Our waitress endured extensive interrogations about the menu.

FOOD Has the feel of fine dining, without grasping toward the obscurantist. Complex tastes without trying too hard.

Goat Cheese Blintz TERRA OF DANBURY

The blintz, a favorite of Jewish cuisine, is reimagined as a farm-fresh Italian delicacy in this memorable appetizer. In place of



the cottage cheese traditionally offered. Terra's take features goat cheese wrapped in the blintz (a thin, crêpe-like pancake). The earthy, slight

tartness of the goat cheese transports the dish from sweet — blintzes are often eaten at breakfast — to savory. This transformation is helped by the addition of marinated beets, baby arugula and roasted walnuts. These elements fuse together seamlessly, creating a dish that is familiar

yet wholly new for blintz lovers, and worth trying even for those who think "blintz" is a misspelling of "blimp."

We enjoyed the dish at Terra of Danbury, and it is also on the menu at the original Terra in Greenwich and at Terra's sister restaurants, Solé Ristorante in New Canaan and Mediterraneo Norwalk.

Terra of Danbury is a new restaurant within Hotel Zero, which opened last November. The upscale Italian menu features solid cuisine alongside craft cocktails. With a wine-bar vibe, it is a place where it's fun to linger after your meal is complete. During warmer months, the patio seating, complete with outdoor bar and cornhole games, is not to be missed. | ERIK OFGANG | 203-730-9595 zhospitalitygroup.com/terradanbury



openings

Kala Bistro. North Haven The team from Olea, an acclaimed Spanish and Mediterranean restaurant in downtown New Haven, opened this eagerly anticipated new spot in September. With a sleek-yet-casual vibe, Kala features globally inspired comfort food made with local and

regional ingredients. It's at the top of our musttry list. 203-889-2275, kalabistro.com Bar Zepoli, Stamford Chef Antonio Greco's new restaurant features a mix of classic and modern

Italian cuisine. Menu items include specialties such as Nonna's meatballs, gnocchi puttanesca, Arctic trout crudo, and mint-crusted rack of lamb. The place has "bar" in its name for a reason and offers a robust cocktail program specializing in the Negroni (a classic Italian cocktail) and 13 seasonally rotating specialty cocktails. The wine list is 215 bottles strong, and for beer enthusiasts Bar Zepoli features favorites from local and regional breweries. 203-353-3319, barzepoli.com

Grass & Bone, Mystic This butcher shop and casual counter-service eatery is the third Mystic restaurant from the culinary team of Dan Meiser and James Wayman, already known in town for the Oyster Club and Engine Room. The butcher shop at Grass & Bone offers locally raised and heritage-breed meats including house-ground burgers and sausages. The restaurant offers rotisserie chicken and other specialty meat sandwiches and dishes alongside farm-fresh seasonal salads. There is also craft beer and wine. 860-245-4814, grassandbonect.com

The Station, Naugatuck Housed in the city's former train station, which dates back to the late 1800s, this restaurant opened in August after more than a year of renovations. A monthly look at some of what's new and exciting on the Connecticut dining scene

The resulting space has impressed patrons with its industrial-chic feel. There is a full bar and extensive menu of American cuisine favorites. 203-714-6611, facebook.com/ thestationrestaurantnaugatuck

Bobby Q's Cue & Co., Norwalk In March 2016, Bobby Q's Bodacious BBQ in Westport closed, much to the disappointment of barbecue lovers in the area. In August the barbecue spot reopened with a slightly different name and a new location in Norwalk's Waypointe complex of shops and condos. The specialty remains pit-roasted barbecue with a variety of American comfort-food sides. 203-831-0354, bobbygsrestaurant.com

Match Burger Lobster, Westport The newest venture from chef Matt Storch, the mastermind behind Match Norwalk and Nom-eez in Bridgeport, opened in late September in the space formerly occupied by Fleishers Craft Kitchen. The crave-inducing menu features burgers and lobster (obviously!), a variety of fries and some cool crossover dishes including the "Monster Combo," a burger topped with lobster. 203-557-8800

facebook.com/pg/matchburgerlobster

Paci Restaurant, Southport After closing for two months for extensive renovations, Paci reopened with an expanded bar and impressive new space featuring a new quartzite bar as well as an expanded menu. The restaurant has been a part of the Southport dining scene for more than 20 years, and chef Robert Patchen and his wife, Donna, remain dedicated to serving classic and modern Italian cuisine. 203-259-9600, pacirestaurant.com



Le Madri in Bethel GONATION

The Essex, Essex Chef Colt Taylor and his father, Michael Hannifan, opened this chefdriven establishment in the riverside town's Centerbrook section in June. A veteran of the Culinary Institute of America, Taylor's restaurant credits include working at the nearby Saybrook Fish House and Dock and Dine in Old Saybrook, as well as stints working in kitchens in New York City, Miami, Los Angeles and Seattle. Look for intricate, delicate dishes with seasonal ingredients and an eye-catching presentation. 860-237-4189, theessex.com

Le Madri, Bethel This modern Italian restaurant features apps such as calamari e zucchini fritti with spicy marinara, pasta including fettucini con fungi with housemade flat noodles, wild mushrooms, and a touch of truffle oil; gnocchi Bolognese with handmade potato dumplings and slow-cooked beef ragout; and cavatelli ia piselli with house-made pea and ricotta cavatelli and hot-and-sweet sausage ragout. There is also a full menu of wood-fired pizza. La Madri is the latest restaurant from chef and restaurateur Vinicio Llanos of the popular Arezzo Ristorante & Wine Bar in Westport. 203-616-5652, lemadribethel.com

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com.

The Chicken Has Landed

ANSONIA'S NEW FAST-CASUAL RESTAURANT SEEKS TO EAT CHICK-FIL-A'S LUNCH | BY ERIK OFGANG

Robert Dunn's guests were hungry.

It was late one night a few years ago. Dunn and a group of his friends were craving chicken sandwiches from fast-food giant Chick-fil-A, which had recently opened its first Connecticut location in Danbury. But because they were at Dunn's condo in Shelton it meant at least a 45-minute trip.

Hoping to avoid a late-night drive, Dunn offered to make sandwiches instead.

He went to a nearby grocery store, bought some Martin's Potato Rolls, fresh garlic pickles, and Bell & Evans boneless chicken thighs, but was unable to find any chicken breasts that looked good. He made the sandwiches using just the thighs. The reviews were stellar.

"They were better than any Chickfil-A anyone had ever tasted," Dunn says.

Dunn says he discovered that night that compared to chicken breasts, "chicken thighs are so much more flavorful, they're just deliciously juicy." He and his friends fell in love with the sandwich. Dunn was a former restaurateur — he owned Ocean 211 in Stamford and Dawn and Maria's in Redding, both of which have closed — but he got out of the business to export highend cars to China. He loved his new gig and thought the long hours and intensity of his restaurant-owning past were behind him.

But the delicious simplicity of those chicken sandwiches kept calling him back to the kitchen.

"I kept making these sandwiches," he says. He'd give them to friends and family members, anyone and everyone who spent time at his house. The reviews were always glowing and Dunn couldn't get the idea of opening a chicken sandwich shop out of his mind.

In April, he succumbed to the call of the chicken sandwich, opening Thigh High Chicken Co. in downtown Ansonia.

The sleek spot aims to ruffle Chick-fil-A's feathers with an intentionally competing concept that features a variety of chicken sandwiches — made exclusively from antibiotic-free thigh meat — alongside shakes and fries.

Visiting in person, this tonguein-cheek rivalry with Chick-fil-A is immediately apparent. On the left wall at the entranceway, the Chick-fil-A logo is painted inside a red circle with a diagonal slash through it.

While the menu may be similar, Thigh High Chicken Co. has a distinct feel from the chicken sandwich chain which inspired it. There are dark wood tables with industrial-chic swivel chairs and Edison bulbs shining from chandeliers enmeshed in chicken wire. Funk music blasts over the loudspeakers.

The Original (\$6) chicken sandwich is the one Dunn first made that night. With garlic mayo and house pickles topping the fried or seared chicken thigh, this sandwich is lunch nirvana and will

quickly put all thought of Chick-fil-A out of your mind.

Other chicken sandwich varieties include the teriyaki (\$7.50), a thigh topped with scallions, carrot cabbage slaw and sesame seeds. These veggies create a rainbow of color and result in a taste reminiscent of a Vietnamese bahn mi sandwich. Barbecue (\$7.50) and buffalo (\$8) sandwich varieties are also offered.

Not content with challenging Chickfil-A, Dunn also recently unveiled his take on McDonald's classic Big Mac. The Thigh High Mac (\$7.50) features two ground thigh patties, special sauce, lettuce, cheese, pickles and onions, on a sesame-seed bun.

Also worth chowing down are the nuggets (\$5 for four, \$9 for eight), which have a crispy, dark brown breading and can be dipped in a variety of housemade sauces. Less meaty options include charred corn salad (\$4.50), potato salad (\$4.50), deviled eggs (\$2.50), fried pickles (\$3.50) and a salad (\$9) with breaded thigh, romaine, pickled vegetables, charred corn and vinaigrette.

Dunn hopes to offer beer and wine in the future.

His ultimate goal is for his new concept to become the Shake Shack of chicken, with select new locations opening up over the next few years. Currently he's looking at spots in Fairfield and New Haven counties with hopes of opening at least one new spot

At some point Dunn would like to take the battle for chicken sandwich supremacy right to Chick-fil-A's doorstep.

"I'd love to put one of these right across the street from a Chick-fil-A," he says. He's fully confident that once Chick-fil-A fans try his sandwich he'd have their loyalty forever.

"I think we're much better [than Chickfil-A]," he says. "It's not an arrogant thing, it's a confidence thing."

In the meantime, he's focusing on improving the mood of his customers, one chicken sandwich at a time.

"I want to make people happy and I want them to enjoy those chicken sandwiches," he says.

Thigh High Chicken Co.

313 Main St., Ansonia 203-516-5099, thighhighchicken.com Hours: Sun.-Thu., 11 a.m.-9 p.m., Fri. & Sat. 11 a.m.-10 p.m. Wheelchair accessible

The Original: fried chicken thigh with garlic mayo and house pickles on a potato bun. AMANDA CALL

Sliced Perfection

DOMENICK & PIA DOWNTOWN PIZZERIA: A WATERBURY CLASSIC | BY ERIK OFGANG

People are passionate about Domenick & Pia's.

The Waterbury pizza joint has a rare 4½ stars on online review site Yelp. After recently discovering it, members of my family are making weekly treks to the spot around lunchtime even though it's about a 35-minute drive. A few months ago, when this magazine reposted a story online about pizza places that did not include this classic spot, our readers quickly let us know the error of our ways.

Though Waterbury is deep in the heart of New Haven pizza country (a Pepe's location even recently opened in the city), pizza at Domenick & Pia's feels far more New York than New Haven. Served by the slice (\$1.50) or pie (\$12), the house-specialty cheese pizza is a simple masterpiece. The crispy crust looks thick, but has a light, airy taste and the red marinara sauce shines with a subtle sweetness that powers the pie. Mozzarella completes the holy trinity of pizza ingredients.

"We use simple ingredients in a simple combination, nothing that's overpowering or with a very heavy spiciness to it," says David DeRosa, whose family owns the restaurant. "We use a blend of California tomatoes and Italian tomatoes. We try to use wholemilk mozzarella. It's a little creamier, a little sweeter."

This straightforward formula has worked for more than 50 years. The literally ma-and-pa establishment was opened by David's parents, Domenick and Pia DeRosa, in 1964.

"My dad worked as a mason in New York City and he got tired of lugging his tools around the five boroughs," David says.

When Domenick and Pia, both natives of Italy, opened their pizza place, the concept of pizza-by-the-slice was still new and hadn't been introduced to the Waterbury area, David says. He believes the by-the-slice novelty of the spot helped it thrive in its early days.

Domenick & Pia's original location was on East Main Street, but in 1987 the restaurant moved to its current location on Brook Street around the corner from the Palace Theater and near UConn's Waterbury campus.

David and his brother John grew up working at the restaurant. "When we were kids we would fold pizza boxes for a penny a box," David says. "Most kids had chores at home — cut the grass, paper routes — we worked at the pizza place."

The adult brothers are still working at the pizzeria, as are Domenick, now 91, and Pia, 82. Domenick still makes the dough each morning, or supervises while it's being baked, and Pia does whatever needs doing at the restaurant, from helping prep food to taking orders from customers.

Beyond pizza, the menu includes excellent meatball and sausage



Pia DeRosa knows a thing or two about a pizza pie.

grinders. A meatball grinder with cheese is \$3.50, a bargain worth enjoying while it lasts. "It should be more; we wanted to raise the prices but we haven't gotten around to it," David says.

Another signature sub is the sausage and peppers with onions and melted mozzarella cheese, a bit more expensive, but far from a bank-breaker at \$4.

David says he and his family take pride in being a neighborhood place and delight in getting to know many of their customers.

"Our customers are so thoughtful and generous and grateful," he says. "A lot of people have moved away and when they come back they come here."

Domenick & Pia Downtown Pizzeria

3 Brook St., Waterbury

203-753-3401, facebook.com/domenickandpiadowntownpizzeria
Hours: Mon.-Wed. 10:30 a.m.-6:30 p.m., Thu. & Fri. 10:30 a.m.-7 p.m.,
Sat. 10:30 a.m.-6 p.m. Closed Sun.

Not wheelchair accessible, but phone orders can be brought outside to customers.

Smoked Cherry Manhattan

BELLA'GIO RISTORANTE, CHESHIRE

Kory Loga, the autodidact mixologist at Cheshire's Bella'Gio Ristorante, has the imagination and passion one wants in a bartender. The drinks on the cocktail menu come with a pride in the craft and an interest in what makes a cocktail stand out on a menu. Bella'Gio's specialty gin fizzes — unique concoctions made with brewed-in-house ginger beer that harken back to 19th-century New Orleans — are too labor intensive for most bars.

One of the most interesting creations is the smoked cherry Manhattan, made with High West Campfire whiskey (a blend of Scotch, bourbon and rye whiskeys), vermouth and smoke. The process by which

Loga adds a smoky flavor to the Manhattan looks like a science experiment, with flames and tubes and smoke. The result is deeply satisfying, with a bold but rounded taste. If you're a cocktail drinker, Bella'Gio won't disappoint. | MICHAEL LEE-MURPHY | 203-439-9175, bellagioct.com



Turkey to Table AT EKONK HILL TURKEY FARM IN MOOSUP, A BETTER LIFE MAKES FOR A BETTER BIRD



BY BRIAN LANCE

A mass of white birds gobbles and bounces, and seems to collectively watch me from the long, red, open-sided barn. Before Katherine Hermonot motions for me to follow her over the fence, she warns: turkeys are extremely curious birds. They've been known to follow each other into perilous situations — such as into the mobile feeder, requiring swift rescue before the birds at the bottom of the pile suffocated under their companions.

I don't know what to expect. My closest encounter with turkeys was in middle school when my best friend's dad fended off one of their backyard toms with a snow shovel. Now, who knows how many turkeys were eying me, and they were liable to do anything. As the autumn wind rattles the browned stalks of the corn maze behind me.



I stuff my apprehensions and hop the fence.

The air at Ekonk Hill Turkey Farm in Moosup smells not of turkeys as you'd expect, but of wet grass, earth and fallen maple leaves. The farm sits on 360 acres of rolling pastures, home to Richard and Elena Hermonot. The Hermonots have owned the farm for nearly 20 years and have grown it from a small operation to a Connecticut icon. Ekonk Hill is a foodie favorite, well known for its pasture-raised turkeys.

In anticipation of Thanksgiving, I visited this turkey kingdom to see the birds before their big day. I learn the Hermonots are a true farming family. Richard, a full-time farm consultant, graduated from UConn's College of Agriculture, Health and Natural Resources, as did three of his four children: Jonathan, Ashley and Katherine. The eldest Hermonot sibling, Christopher, raises beef in Franklin. Jonathan and his wife run Fairholm Farm, a dairy in Woodstock. And Elena runs Ekonk Hill with the help of her daughters. They believe giving animals a better life will give us a better meal, especially on Thanksgiving when cooking the right turkey is serious business.

Katherine leads me farther into the run (an area of pasture fenced with electric mesh to keep predators out), and the turkeys leave the barn. They flood the field and surround us. The birds close in tight

and start pecking at my bootlaces, jeans and backpack straps. And more keep coming.

"How many are out here right now?" Lask

"This is about 1,000 turkeys," says Katherine, even more turkeys squeezing in to investigate as she explains how the birds are raised.

In the food world, the annual Thanksgiving debate focuses on whether to eat heritage turkey breeds or conventional breeds. Heritage turkeys get much attention from chefs and foodies. Part of this is because people want to preserve endangered breeds that are close to what the pilgrims ate. Another is that heritage birds yield a richer, darker meat with a stronger turkey flavor. But that meat can seem tough and the flavor gamey, depending on the taster. Conventional birds, however, bear juicier and more tender meat, and more of it - some weighing up to 40 pounds (the size of the Hermonots' Thanksgiving turkeys).

Ekonk Hill raises both kinds, including about 80 heritage turkeys each season, kept in a netted pen because they fly. Usually they sell out of heritage birds months before Thanksgiving. They weigh about 18 pounds max and are shy, unlike their bustling, nosy counterparts from the barn. Overall, they are a more difficult bird to raise.

Top: About 1,000 broad-breasted whites flood the run at Ekonk Hill. Left: Heritage turkeys such as this Narragansett are strong jumpers and fliers, so they live under a mesh canopy. PHOTOS: BRIAN LANCE

ROASTING A FARM-FRESH TURKEY

If you opt for a fresh turkey from a farm, rather than the supermarket, for your Thanksgiving meal, Ekonk Hill Turkey Farm recommends following these roasting instructions:

Note: Farm-fresh turkeys cook faster than frozen or store-bought birds. This is because the high moisture level of the meat transfers the heat more readily during cooking.

- Plan on 15 minutes per pound at 325 degrees for fresh turkeys. (Oven temperature may vary. Adjust time and temperature accordingly.) Allow an extra hour just in case the turkey doesn't comply with this time frame. However, be careful not to overcook the bird, as this will dry out the meat. The turkey should sit for 30 minutes after removing it from the oven, and before you carve it. The extra time also provides a cushion should the turkey need to roast longer.
- Remove your turkey from the bag and place it in the sink. Remove the giblets and neck. Thoroughly rinse the bird inside and out.

- · Grease the turkey with a little soft butter before roasting and place it in a large roasting pan. Season with salt and pepper, and according to personal taste use rosemary, sage or other herbs.
- · Cook the turkey breast side down for a little more than half of the roasting period, then turn it breast side up. Cover the bird loosely with foil until 1 hour before it is done, then remove the foil to allow the breast to brown up.
- If you stuff your turkey, plan on about 20 minutes more cooking time.
- A meat thermometer is the best way to test if your bird is ready. The thermometer should read 165 degrees in the thickest part of the inner thigh when the turkey is done. Begin checking the bird one hour before the end of your roasting time.



Katherine Hermonot holds a heritage turkey.

The wily flock of conventional turkeys (broad-breasted whites and bronzes) are the mainstay at Ekonk Hill. The farm's pasture separates the turkeys from conventional birds sold at the supermarket. Birds on giant commercial farms live indoors in cramped conditions, under artificial lights and on concrete floors. The conditions require farmers to administer preventative antibiotics. At Ekonk Hill, the birds are free of antibiotics — aside from those used to treat sporadic illness — and also receive no growth hormones. Their turkeys can forage within a 6- to 12-acre space the Hermonots adjust and relocate based on the amount of grass available for the birds to eat. The birds leave the barn to forage, sunbathe and explore at will — not to mention to swarm and peck visitors.

Freshness also separates an Ekonk turkey from one in the grocery meat case. On its website, the cooking show America's Test Kitchen writes, "Turkeys may be labeled as 'fresh' if they have been chilled to as low as 26 degrees. But at this temperature, tiny ice crystals can form in the meat." This damages the meat, as does thawing and refreezing in transit to the store. To avoid this, the Hermonots process their turkeys on the farm the week before Thanksgiving.

"We don't want to put our turkeys on a big truck and send them off," Katherine says. "This way, it's the family doing it."

The farm's conventional turkeys which the Hermonots recommend ordering by early November — sell for \$5 per pound, a higher price than at many supermarkets. But the Hermonots feel it's justified by supporting local farms dedicated to high quality of life for their animals and high-quality food for consumers.

"We want people to know where their food comes from," Katherine says.

On Thanksgiving, the Hermonots keep the turkey simple, coating it with butter and seasoning it with salt, pepper, rosemary and sage. (See Ekonk Hill's roasting tips above.) Or, if you're tired of Thanksgiving fare, try the Hermonots' slow-cooker turkey chili recipe (at right) in The Connecticut Farm Table Cookbook, sold at the farm's Moosup store along with fresh eggs, store-made ice cream, and other local goods.

As for my time with thousands of turkeys, I survived — except for a tiny hole pecked in my jeans. This time, no snow shovel needed.

SLOW-COOKER TURKEY CHILI

Recipe excerpted from *The Connecticut Farm Table* Cookbook, The Countryman Press, @ 2015, by Tracey Medeiros and Christy Colasurdo

Turkey chili is a Hermonot favorite after a long day on the farm. In addition to garnishing it with cilantro, they like to serve this chili with an assortment of toppings, such as sour cream or Greek yogurt, sliced avocado and shredded cheese.

Serves 6-8

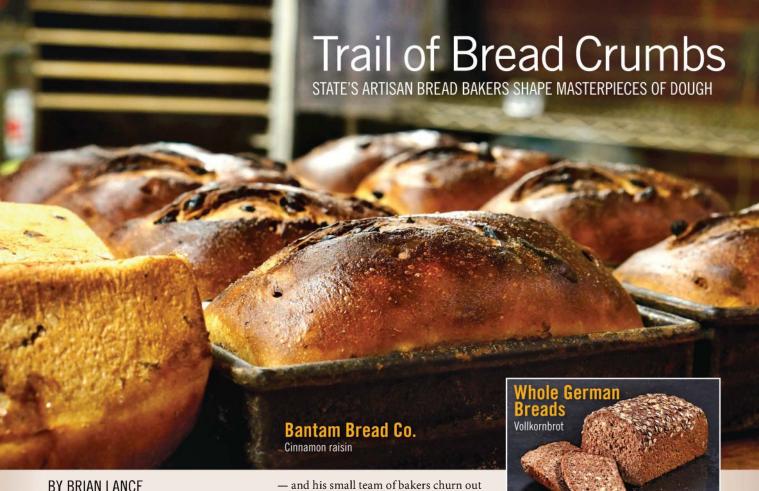
INGREDIENTS

- 1 tablespoon olive oil
- 1 small red onion, diced
- 1 medium-size green bell pepper, de-stemmed, de-seeded and diced
- 2 jalapeño peppers, de-stemmed, de-seeded (if desired), and minced
- · 3 garlic cloves, minced
- 1 pound ground turkey
- Kosher salt and freshly ground black pepper
- 1 (28-ounce) can crushed tomatoes with juice
- 1 (15-ounce) can kidney beans, drained and rinsed
- 2 cups fresh or frozen and thawed corn kernels
- 2 cups low-sodium chicken stock
- 1 (6-ounce) can tomato paste
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 bay leaf
- 2½ tablespoons fresh lime juice, plus lime wedges for garnish
- Honey (optional)
- Chopped fresh cilantro, for garnish

DIRECTIONS

1. Heat the oil in a large skillet over medium heat. Add the onion and bell pepper and cook, stirring occasionally, until soft and translucent, about 10 minutes. Add the jalapeño and garlic and cook for 1 minute. Add the turkey and season with salt and pepper. Increase the heat to medium-high, and cook, breaking up the turkey with a fork until the meat is just browned.

2. Transfer the meat mixture to a 4-quart slow cooker. Stir in the tomatoes with juice, beans, corn, stock, tomato paste, chili powder, cumin, bay leaf, lime juice and 1½ teaspoons of salt. Cover and cook on low for 5 hours. Remove and discard the bay leaf. Adjust the seasonings with honey, if using, and salt to taste. Sprinkle with cilantro and serve with lime wedges on the side.



Amid an American bread renaissance, artisan bakers who focus on quality over quantity are gaining ground on giant industrial bakeries. These bakers use a combination of long dough-fermentation time, skilled hands and the best flour and grains they can find to bring customers finely crafted loaves with complex flavors. What's more, they avoid the use of the chemical preservatives and conditioners industrial bakeries use to make dough behave in their production lines and last for weeks on a shelf.

We crafted a list of the best artisan bread bakeries in Connecticut, including places known for sourdough, baguettes, ciabatta, cinnamon-raisin bread, and even a rare bauernbrot (a German "farmer's bread"). And if you have a sweet tooth, or need a full meal, many of these bakeries also offer handmade pastries and sandwiches.

Be sure to let us know if we missed any outstanding spots by emailing editorial@ connecticutmag.com.

WAVE HILL BREADS

NORWALK

If you walk down High Street in Norwalk, a mostly residential neighborhood, you'll probably smell Wave Hill Breads before you see it. Don't be misled by the bakery's plain storefront. Its owner, Tim Topi — who became a master baker in Rome before moving to the U.S.

some of the finest bread in the state. They mill their own flour daily from premium and organic grains to bake a wide variety of loaves, including three-grain French bread, wild yeast sourdough, 14-whole grain multigrain, and Roman focaccia. For the sweet tooth, try the monkey bread, a tart-shaped pastry that takes three days to make and marries all the best qualities of a cinnamon roll and a croissant. 203-762-9595, wavehillbreads.com

BANTAM BREAD CO.

BANTAM

This basement shop with its stoneand-mortar walls, rustic counters and decor, and many racks of cooling bread, has the atmosphere (and smell!) of an old-world European bakery. The Bantam Bread Co. is a community hub, where its owner, Niles Golovin, knows many of his customers by name. Since 1996, Golovin has been baking traditional European breads with his own innovative twists such as his torpedo-shaped semolina bâtard (similar to a baguette) studded with sesame seeds, round holiday fruit and nut loaf, and nearly irresistible pan bread with a thick swirl of cinnamon and sugar. The bakery also has a line of rustic pastries, including fruit crostatas, tarts and elephant ears. To offer the perfect accompaniment for his breads, Golovin stocks local cheeses, jams and olive oils. They even bake dog biscuits! 860-567-2737, bantambread.com





WHOLE GERMAN BREADS

NEW HAVEN AND BRANFORD

The bread on the wall racks at this spacious New Haven cafe could easily be on display in an art gallery. Perhaps that's because owner Andrea Corazzini draws his creative energy from the 25 years he spent in the textile industry before becoming a baker. Whole German Breads, or Whole G for short, prides itself on baking vollkornbrot (a pan bread made with 100 percent organic whole rye flour, sunflower seeds and oats), bauernbrot and other loaves that are off the beaten bread trail, not to mention nutritious. Although they also offer baguettes, ciabatta and Jewish rye, the main event here is the traditional German recipes that are somewhat rare in Connecticut. Most of these incorporate nuts and seeds to add earthy notes and texture to blends of organic whole wheat, rye and kamut (an ancient grain). This creates a rich complexity of aromas and



tastes you won't find in many other breads. The Whole G Café Bakery offers full coffee, breakfast and sandwich menus, including select tartines such as the prosciutto, arugula and two poached eggs on fig and walnut bread. Whole G has two retail cafe locations: one on Orange Street in New Haven and another in Branford. 203-848-2141, gcafebakery.com

HARTFORD BAKING CO.

WEST HARTFORD

Scott Kluger left his job on Wall Street to start a bakery cafe with artisan bread at its heart and pastries from his mother's recipe book. Seven years later, the Hartford Baking Co. has stuck to its original concept, offering a full line of handmade breads, including a moist honey wheat sandwich loaf, brioche rolls and a giant brioche pretzel. Our favorite: a large, round French sourdough miche with a subtle tang, moist crumb and dark crust — the perfect companion to a hearty soup. HBC now has stores on New Park Road and Farmington Avenue in West Hartford Center. Both offer barista-made coffee drinks and have a full menu of breakfast and lunch sandwiches, all served on their bread.

860-570-1579, hartfordbaking.com

LIGHTHOUSE BAKERY

MYSTIC

Head east through historic downtown Mystic, cross the Mystic River Bascule

Bridge, and you'll find Lighthouse Bakery. This family-run spot shines like a beacon for great bread in eastern Connecticut. Owner Massoud Kalkhoran and his son, Kameal, bake enough crusty, Europeanstyle bread to supply many local restaurants with their table loaves and flatbreads. In the retail shop, you can try their country sourdough, baguettes, bagels and more — all made from scratch. In the mood for something sweet? Try the light and flaky Napoleons, which Kalkhoran fills with fresh, handmade cream. They also offer breakfast and lunch sandwiches. You can enjoy them with a coffee on the bakery's patio, along with the sounds and breeze coming from the nearby sea. 860-415-9457, lighthousebakerymystic.com

BROOKLYN BAKING CO.

WATERBURY

More than 100 years ago, Polish and Lithuanian bakers opened this bakery in the Brooklyn neighborhood of Waterbury. It has changed owners over the years, and even moved away from its namesake location. But the recipe for its two signature loaves remains unchanged. The massive 4-pound rye and pumpernickel loaves here are everything a hardworking loaf should be: moist, flavorful and strong enough for sopping up stews or holding hefty sandwiches. Or try a loaf of their Connecticut multigrain that has a hint of nutmeg, of course. But as the saying goes, it's hard to survive on bread alone. That's why the Brooklyn Baking Co. also stocks a case of handmade, yeasted donuts baked fresh daily. 203-596-3500

OVENS OF FRANCE

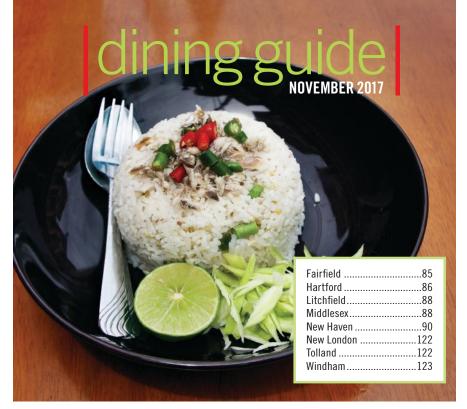
WOODBURY

They might be known mainly for their croissants and other French pastries, but Ovens of France offers baguettes with a crispy crust and an open, creamy crumb in line with traditional French baking. These baguettes come in full or demi and pair well with any of their house-made soups or as the foundation of a great sandwich. Better yet: tear off chunks as a vehicle for any of the cheeses the bakery imports. Even if you go for the bread, don't leave without a chocolate-almond croissant for the road. 203-263-2540, ovensoffrance.us 🗩









Fairfield County

Amba Vilas Palace • Indian • EP Dedicated to creating the finest-quality products by using only the very best ingredients from around the world. • 54 Pembroke Road, Danbury, 203-746-6425 ambavilaspalace.com. Closed Mon. L D, \$\$

Aranci 67 • Italian • EP Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes bestin-class pasta dishes. • 142 Old Ridgefield Road, Wilton. 203-587-1300 aranci67.com. Closed Sun. D, L (Mon.-Fri.), \$\$, WA

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

Artisan • New England • EP A farm-to-table restaurant with New England-inspired seasonal cuisine. • 275 Old Post Road, Southport, 203-259-2800 artisansouthport.com. Open daily. L D SB, \$\$, WA

Artisanal Burger Company • American Gourmet burgers are the specialty here, but they are only the beginning of the culinary delights diners will experience. • 1436 Pleasant Valley Road, Manchester, 860-644-0046 artisanalburgercompany.com. Open daily. L D LS, \$\$, WA

Bailey's Backyard • Farm to Table • EP A farm-totable restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 bailevsbackvard.com, Closed Mon, L D SB, \$\$\$

Bar Sugo • Italian • EP RC This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 barsugo.com. Open daily. D SB, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 barcelonawinebar.com. Open daily. L D LS SB, \$\$

bartaco • Mexican • EP Enjoy unique taco recipes and a wide variety of tequilas on the patio at this seaside bar. \bullet 20 Wilton Road, Westport, 203-222-8226 bartaco.com. Open daily. L D, \$, E

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Bernard's • French • EP RC Consistently serving perfectly executed seasonal entrées in an elegant country setting. Wine Spectator Award of Excellence. • 20 West Lane, Ridgefield, 203-438-8282 bemardsridgefield.com. Closed Mon. L D SB, \$\$\$, E, WA

The Blind Rhino • American • EP Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri.-Sun.), D, SB, \$

Bloodroot • Vegetarian • EP RC Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Bodega Taco Bar • Mexican • EP Offers up inventive, doingtheir-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 bodegatacobar.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$

Brasitas • Latin Fusion • EP Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 F Main St Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 brasitas.com. Open daily. L D, \$\$\$

Brick + Wood • Pizza/Italian • EP This artisan pizza emporium offers some of the best Napolitano-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 lovelifeandpizza.com. Closed Mon. L, D, \$\$

Butcher's Best Country Market • Deli Meats are handselected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

The Capital Grille • Steak • EP RC Located in the heart of downtown Stamford this classic-style steakhouse serves dry-aged porterhouse as well as creative seafood dishes like citrus-glazed salmon. • 230 Tresser Blvd., Stamford, 203-967-0000 thecapitalgrille.com. Open daily, L (Mon.-Fri.) D, \$\$\$, E, WA

Casa Villa • Mexican • EP Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 casavillarestaurant.com. Open daily. L, D, LS (Fri.-Sat.), \$, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 99 Washington St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford, 203-348-2275 caskrepublic.com. Open daily. L D, \$\$

Char • American • EP Contemporary American restaurant that has a menu that changes seasonally and sources local meats, produce and cheese whenever possible. • 2 South Water St., Greenwich, 203-900-1100 charct.com. Open daily. L (Mon.- Fri.) D, \$\$

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. . 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D, \$\$, WA

Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St. Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Crave • American • EP RC Dishes like eggplant stack, fish tacos, the Crave 52 Burger, meatball and lobster ravioli are served in an atmosphere that provides a seamless extension from elegant dining into a stylish, attractive bar setting. • 52 Sanford St., Fairfield, 203-292-8080 crave52.com. Open daily. L D SB, \$\$, E, WA

Dinosaur Bar-B-Que • Barbecue Offers a menu firmly rooted in the traditions of Southern barbeque but with its own distinct character. • 845 Canal St., Stamford, 203-517-3272 dinosaurbarbque.com. Open daily. L D, \$\$

Elm • American • EP World-class chef Brian Lewis makes culinary magic here - with the freshest local, top-quality ingredients - in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$\$, WA

F.I.S.H. • Seafood • EP This mod-elegant restaurant features a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, 203-724-9300 fishstamford.com. Open daily. L (Mon.-Thurs.) D, \$\$\$, WA

Fat Cat Pie Co. • Pizza A community-based wine-pub featuring small-production wine, craft American beer, thincrust organic pizza, generous organic salads, artisanal cheese and charcuterie, house-made delectable desserts and a true espresso bar. • 9-11 Wall St., Norwalk, 203-523-0389 fatcatpie.com. Closed Sun. L D, \$, E, WA

The Fez • Moroccan • EP In addition to excellent Moroccan fare-with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up equally as eclectic live music nightly. • 227 Summer St., Stamford, 203-324-3391 thefez1.com. Open daily. L (Mon.-Fri.) D LS, \$\$, E

Fin . Japanese Specializes in fresh, imaginative sushi and authentic Japanese cuisine. • 1253 Post Road, Fairfield, 203-255-6788; 219 Main St., Stamford, 203-359-6688 fin-sushi.com. Open daily. L D LS, \$\$, WA

Flipside Burgers & Bar • American Flipside features creative burgers, appetizers, salads & cocktails. Happy Hour Monday-Saturday 3-6pm in the bar featuring 1/2 priced drinks & \$3 small plates. • 1125 Post Road, Fairfield, 203-292-8233 flipsiderestaurant.com. Kitchen open daily. L D, \$\$

Fortina • Italian Enjoy the award-winning Luigi Bianco pizza, cooked in wood-fire ovens, on the rooftop dining area. • 120 Washington Blvd., Stamford, 203-703-9080 fortinanizza.com, Open daily, L (Mon.-Fri.), D. SB. \$\$

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, just about any pie here is worth the wait. . 238 Commerce Drive Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. . 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS, \$\$

Harlan Publick . American Blend of restaurant, tap room and patio in the heart of downtown SoNo. 127 Washington St., Norwalk, 203-831-0727 harlanpublick.com. Closed Mon.-Tues. D SB, \$\$

The Hideaway • Pub • EP Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 thehideawayridgefield.com. Open daily. L D LS, \$, E

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$—— inexpensive (under \$15); \$\$ —— moderate (\$15-\$25); \$\$\$ —— expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch), E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Pick; RC = 2017 Readers' Choice.

dining guide fairfield county

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Hoodoo Brown BBQ • American • EP RC This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 hoodoobrownbbq.com. Closed Mon. D, \$\$, WA

Ibiza Tapas Danbury • Tapas • EP Surround yourself with the sights, sounds, flavors and scents of Spain, with both hot and cold as well as traditional and modern tapas • 93 Mill Plain Road, Danbury, 203-616-5731 ibiza-tapas.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Kawa Ni - Asian - EP A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 kawaniwestport.com. Closed Mon. L (Tues.-Sat.) D LS (Tues.-Sat.), \$\$\$

Kotobuki Japanese Cuisine • Sushi • EP Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 kotobukiiapaneserestaurant.com. Closed Mon. L (Tues.Fri.) D. \$\$

l'escale • French • EP A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 lescalerestaurant.com. Open daily. B L D LS SB, \$\$, WA

Liana's Trattoria • Italian • EP Traditional Italian cuisine served in the atmosphere of an authentic Italian bistro. • 591 Tunxis Hill Road, Fairfield, 203-368-1235. Closed Sun.-Mon. D, \$\$\$, WA

Little Barn • Pub • EP Burgers, tacos and farm-fresh salads, served up in a casual atmosphere with an outdoor patio and fireplace. • 1050 Post Road E., Westport, 203-557-8501 *littlebarnct.com*. Open daily. L D, \$\$, E

Little Pub • American • EP Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, 203-544-9222 *littlepub.com*. Open daily. L D, \$\$

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Luc's Cafe - French - EP An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. - 3 Big Shop Lane, Ridgefield, 203-894-8522 *lucscafe.com*. Closed Sun. L. D, \$\$\$, E

Match - American - EP RC The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 matchsono.com. Open daily, D L (Wed.-Fri.), \$\$\$

Mecha Noodle Bar • Asian • EP RC Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

Mezon • Mexican • EP RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Milano Wine Bar & Pizzeria • Italian Unique pizza offerings such as the peaches and bacon pie and an extensive cocktail selection. • 281 Fairfield Ave., Bridgeport, 203-275-8561 milanowinebar.com. Open daily. L D, \$, WA

Mill Street Bar & Table, Greenwich - American - EP
Seasonally driven menu from the Northeast land and sea,
with two dining rooms, an oyster bar, a full-service bar, comfy
cocktail lounge and heated patio. - 230 Mill St., Greenwich,
203-813-3323 millstreetct.com. Closed Sun.-Mon. D. \$\$\$

Paci • Italian Exceptional Italian cuisine which redefines classic dishes while creating new ones using the highest quality of fresh organic ingredients. • 96 Station St., Southport, 203-259-9600 pacirestaurant.com. Closed Sun. & Mon. D, \$\$\$, WA

Parallel Post • Farm to Table Seasonally inspired menu features local ingredients prepared with contemporary, healthy techniques. Located at the Trumbull Marriott. • 180 Hawley Lane, Trumbull, 203-380-6380 parallelpostrestaurant.com. Open daily. B L D, \$\$

Pho Saigon, Bridgeport • Vietnamese • EP The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, \$

Pho Vietnam • Vietnamese • EP RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamrestaurant.com. Open daily, L D, \$\$, WA

Pink Sumo • Sushi • EP RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumoct.com. Open daily. L D, \$\$

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-nanual cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Open daily, L D SB, \$\$, E

Rizzuto's • Italian A warm urban environment with a rustic Italian menu. Offerings include an extensive antipasti selection, creative small plates, house-made pasta and wood-fired Neapolitan pizza. • 6 Stony Hill Road, Bethel, 203-790-4444; 540 Riverside Ave., Westport, 203-221-1002 rizzutos.com. Open daily, L, D, SR, \$\$\$

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

Rothbard Ale + Larder • Gastropub Offers dishes and drinks inspired by the Central European regions, including Alsace, Germany, Belgium and Switzerland. • 90 Post Road E., Westport, 203-557-9666 rothbardct.com. Closed Mon.-Tues. L (Fri.-Sun.), D, \$

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$, WA

The Schoolhouse at Cannondale •

American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

Shiki Hana • Sushi • EP This low-key restaurant offers a variety of sushi rolls, hibachi dishes and Japanese bento meals. • 222 Post Road, Fairfield, 203-259-5950 shikihanafairfield.com. Open daily. L (Mon.-Sat.) D. \$\$

The Sitting Duck Tavern • *American* Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 *sittingducktavem.com*. Open daily. L D LS SB, \$\$

South End • American • EP South End's food philosophy is a simple one; uncomplicated, seasonal, flavorful food, with an atmosphere that is casual. • 36 Pine St., New Canaan, 203-966-5200 southendnewcanaan.com.

Open daily. L (Wed.-Sat.), D SB, \$\$\$, E

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

The Spread • American • EP The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 thespreadsono.com. Open daily. D SB, \$\$

Stanziato's • *Pizza* • EP Wood-fired pizza made using organic, seasonal ingredients from local farms and artisans. • 35 Lake Ave. Ext., Danbury, 203-885-1057 stanziatos.com. Closed Sun. L (Mon.-Fri.), D, \$, WA

Taproot • New American Open and roomy space where lots of different inspirations come together in excellent dishes that are influenced by what products are in season. • 269 Greenwood Ave., Bethel, 475-329-5395 taprootct.com. Closed Sun. & Mon. D, \$\$. WA

Tazza Osteria & Bar • Italian Try favorites like grilled octopus, hanger steak, meatballs and brick oven pizza in a modern and trendy atmosphere. • 116 Post Road, Fairfield, 203-292-8810 tazzaosteriabar.com. Open daily. L (Mon.-Sat.) D, \$\$

Tequila Mockingbird • *Mexican* The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 *tequilamockingbirdnc.com*. Open daily. D, \$\$

TerraSole - Italian This cheese and wine bar features authentic Italian cuisine, with locally grown and, whenever possible, organic produce, fish and meat as well as a 200-plus bottle wine list. • 3 Big Shop Lane., Ridgefield, 203-438-5352 terrasoleridgefield.com. Open daily. L D, \$\$

Toro • Sushi • EP RC Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment.
• 28 Church Hill Road, Newtown, 203-364-0099 tororestaurantnewtown.com. Open daily. L D LS (Fri.-Sat.), \$\$

Valencia Luncheria • Latin American • EP Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 valencialuncheria.com. Open daily. B L D, \$\$

Wafu Asian Bistro • *Asian* Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 *wafuasianbistro.com*. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D. \$\$. WA

Washington Prime • American • EP The land and sea menu has elements of Americana with cross-cultural influences. The restaurant also boasts an impressive beverage program.
• 141 Washington St., South Norwalk, 203-857-1314 washingtonprimect.com. Open daily. L (Wed.-Sun.) D, \$\$, WA

The Whelk • Seafood • EP Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 thewhelkwestport.com. Closed Sun.-Mon. L (Tues.-Thurs.), D, \$\$\$

Nouveau Monde Wine Bar, Sandy Hook • American • RC Wines from around the world are paired with delicious, innovative tapas-style share plates and entrées in a stylish atmosphere. • 6 Washington Ave, Sandy Hook, 203-491-7723 nouveaumondewinebar.com. Open daily L, D, LS, SB, \$\$, WA

Hartford County

Apricots Restaurant & Pub • American • EP

Contemporary cuisine featuring regional American products as well as a selection of items from Europe and the Far East. • 1593 Farmington Ave., Farmington, 860-673-5405 apricotsrestaurant.com. Open daily. L D, \$\$

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebamgranby.com. Closed Mon. L D (Tues.-Sun.), \$\$, WA

Avert Brasserie • French • EP Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 avertbrasserie.com. Open daily. L D, LS, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish
Mediterranean • EP Hip restaurant serving Spanish and
Mediterranean cuisine — including tapas, hot and cold.
• 971 Farmington Ave., West Hartford, 860-218-2100
barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Bear's Smokehouse Barbecue • Barbecue • EP Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave., Windsor, 860-999-3834 bearsbbq.com. Open daily. L D, \$\$, WA

Bricco Trattoria • Italian • EP Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes. • 124 Hebron Ave., Glastonbury, 860-659-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$\$

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante . Italian This old-school, finedining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Cavey's Restaurant • Italian / French Choose from handmade pasta and house-cured salami in the Northern Italian restaurant upstairs, or soufflé and buttery foie gras in the luxurious French restaurant downstairs. Enjoy a cocktail with some light jazz in a casual lounge while you decide. • 45 E. Center St., Manchester, 860-463-2751 caveysrestaurant.com. Closed Mon. D, \$\$, E, WA

The Corner Pug • Irish Pub • EP Classic favorites at this pug-themed pub include shepherd's pie, hot grilled Reubens, creamy chicken pot pies with flaky crusts, and authentic English fish and chips. • 1046 New Britain Ave., West Hartford. 860-231-0241 cornerpug.com. Open daily. L D SB, \$

Costa del Sol • Spanish/Mediterranean • EP Galician restauranteur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood, Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsolhartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

Cottage Restaurant & Cafe • American • EP Familyowned, European-style restaurant offers unique, seasonally inspired dishes and a wide selection of wines, martinis and cocktails. • 427 Farmington Ave., Plainville, 860-793-8888 cottagerestaurantandcafe.com. Closed Sun. & Mon. L (Tues.-Fri.), D, \$\$

East Side Restaurant • German Old World-style restaurant specializing in German food, bier and culture in an authentic Bavarian atmosphere. • 131 Dwight St., New Britain, 860-223-1188 eastsiderestaurant.com. Closed Mon. L D, \$\$, E

Feng Asian Bistro • Asian Features a broad range of elegant Southeast Asian dishes spanning the Pacific Rim, with a fusion of East and West in every plate. • 93 Asylum St., Hartford, 860-549-3364 fengrestaurant.com/feng-hartford. Closed Sun. L D LS, \$\$\$

Firebox • New American • EP Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farmraised lamb. • 539 Broad St., Hartford, 860-246-1222 fireboxrestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, E, WA

Fleming's Prime Steakhouse & Wine Bar • American • EP Premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. . Blue Back Square, 44 South Main St., West Hartford, 860-676-WINE flemingssteakhouse.com. Open daily. D, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St... Newington, 860-665-0478. Open daily. L D, \$, WA

J. Gilbert's • Steak • EP Quality ingredients and honest food, like prime wood-fired steaks and seafood, in a luxe, yet warm, atmosphere. • 185 Glastonbury Blvd., Glastonbury, 860-659-0409 jgilberts.com. Open daily. D, \$\$\$

J. Timothy's Taverne • Gastropub • EP This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie, tater tot poutine and French onion soup. • 143 New Britain Ave, Plainville, 860-747-6813 jtimothys.com. Open daily. L D LS, \$\$, WA

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I don't always order pasta, but when I do I eat it at Rebeka's -Alex Nunes, The New London Day, Oct. 2016 We like, we love, we rave about it! —The Dudleys, The Post Road, Oct. 2016





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| dining guide | hartford county

JV's Taproom • Pizza / Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstaproom.com. Closed Mon. D, SB, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tayern. Wine Spectator Award of Excellence. . 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Ovster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

Metro Bis • American • EP It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, 860-651-1908 metrobis.com. Closed Sun. L D, \$\$, WA

The Mill on the River • American Pan-seared Chilean sea bass and pork chop Milanese are tops at this former gristmill. Wine Spectator Award of Excellence. • 989 Ellington Road, South Windsor, 860-289-7929 themillontheriver.com. Open daily. L (Mon.-Fri.) D SB, \$\$, WA

Millwright's Restaurant and Tavern •

American • EP Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 millwrightsrestaurant.com. Closed Mon.-Tues. D, \$\$\$, WA

Monte Alban • Mexican • EP Low-key spot for Mexican staples like tacos, burritos and enchiladas, plus breakfast and outdoor tables. • 531 Farmington Ave., Hartford, 860-523-7243 montealbanhartford.com . Open daily. B L D SB, \$

ON20 · Contemporary French / American · EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Pho 501 • Vietnamese • EP Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 pho.com/east-hartford-ct/pho-501. Closed Mon. L D, \$

Plan B Burger Bar • Burgers Gourmet burgers and a wide selection of beers and bourbons. 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Republic • Gastropub • EP Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 republicct.com. Open daily. L (Mon.-Fri.) D LS, \$\$

Restaurant Bricco • Italian Every dish is crafted from scratch, holding true to the essentials of Sunday dinner. • 78 Lasalle Road, West Hartford, 860-233-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$\$

Rizzuto's • Italian A warm urban environment with a rustic Italian menu. Offerings include an extensive antipasti selection, creative small plates, house-made pasta and woodfired Neapolitan pizza. • 111 Memorial Road, West Hartford, 860-232-5000 rizzutos.com. Open daily, L. D. SB. \$\$\$

Rooster Co. • American • EP Rotisserie chickens made to perfection are the heart and soul of menu here. • 1076 Main St., Newington, 860-757-3969 roostercompany.net. Open daily L D, \$\$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

Sayulita • Mexican • EP Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-theline ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 cantinasayulita.com. Open daily. D, L (Sat.-Sun.), \$\$, WA

Shady Glen • American A dairy bar/restaurant known for cheeseburgers and ice cream. • 840 Middle Tpke. E., Manchester, 860-649-4245; 360 Middle Tpke. W., Manchester, 860-643-0511. Open daily. L D, \$, WA

Smokin' with Chris • Barbecue • EP Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • Southington, 860-620-9133 smokinwithchris.com. Closed Mon. L.D. \$\$. E.

Sorella • Italian A new kid on the block from restaurant pros Billy Carbone and Dan Keller, who own Dish across the street. • 901 Main St., Hartford, 860-244-9084 sorellahartford.com. L (Mon.-Sat.) D, \$\$, WA

Staronolska • Polish • EP Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 staropolska.net. Closed Mon. L D, \$\$

Sushi Red • Sushi • EP Offers up delicious, fresh, handcrafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$

The Tavern at Keney Park • American Stop in for a quick burger or dine on entrées like the Steak BOMB, Sweet Tea Chicken or bean and Asian noodle salad. • 171 Windsor Ave., Windsor, 860-757-0658 tavernkp.com. Open daily. B (Sat. & Sun.) L D, \$\$, WA

Tisane Euro-Asian Café • Asian Fusion The diverse menu is complemented by more than 40 specialty martinis and other specialty drinks. Try the Far East nachos, wings trio, Tisane Cobb salad, noodle bowls and espresso steak. • 537 Farmington Ave., Hartford, 860-523-5417 mytisane.com. Open daily. L D SB, \$, E, WA

Treva • Italian • EP Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 trevact.com. Open daily. L, D, LS (Fri.-Sat.), \$\$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. Wine Spectator Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinted Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$\$, WA

Litchfield County

Alpenhaus Restaurant and Steinbock Tavern • German Restaurant offers authentically prepared German food such as pan fried chicken schnitzel and Bavarian suerbraten; downstairs tavern has the atmosphere of a Bavarian-style beer hall. • 59 Banks St., New Milford, 860-799-5557 alpenhausct.com. Closed Mon. L (Fri.-Sun.), D, SB, \$\$, WA (restaurant)

Arethusa al Tavolo • New American • EP RC This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaaltavolo.com. Open Thurs.-Sun. D, \$\$\$, WA

Carole Peck's Good News Cafe • New American • EP Chef Carole Peck offers original dishes like warm crab taco and chicken tagine. • 694 Main St. S., Woodbury, 203-266-GOOD good-news-cafe.com. Closed Tues. L D, \$\$

The Cookhouse • Barbecue • EP "Slo-smoked" babyback ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily, L.D. \$\$, WA

Falls Village Inn . American Enjoy a menu that acknowledges a desire for Classic American comfort fare - think fresh-caught seafood and locally grown produce - that changes seasonally. • 33 Railroad St., Falls Village, 860-824-0033 thefallsvillageinn.com. Open daily (Closed Mon.-Tues. during winter). L (Sat.), D, SB, \$\$

Hidden Valley Eatery • American • EP Locally sourced comfort food with a number of vegetarian options. Seasonal dinner menu changes nightly. • 88 Bee Brook Road, Washington Depot, 860-619-0660 hiddenvalleyeatery.com. Closed Tues. B, L, D (Fri.-Sat.), \$\$

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel. backhendl and fresh-caught trout. • 22 Hopkins Road. Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$ Litchfield Saltwater Grille . Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA

Patty's Restaurant • American A delightful breakfast experience with generous portions — the menu is influenced by season and might include treats such as raisin French toast or apple, walnut and cranberry pancakes. • 499 Bantam Road, Litchfield, 860-567-3335. Open daily. B L, \$

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$\$, WA

RSVP • French • EP A "special concept" French restaurant, RSVP offers carefully selected five-course prix fixe meal. Alcohol is BYOB only, and dinner is by reservation only. • 7 Railroad St., West Cornwall, 860-672-7787 rsvp-restaurant.com. Open Fri-Sun. D, \$\$\$

Scarpelli's • American Since 1936, Scarpelli's has been offering classic comfort foods like chicken parmigiana, meat loaf, fried chicken and fish-and-chips. • 865 Migeon Ave., Torrington, 860-482-7977 scarpellisclassiccatering.com. Open daily. B L D, \$\$, WA

Upper Crust Trattoria • Italian Northern Italian cuisine in the warm atmosphere of a Tuscan-style farm house. • 373 Litchfield Road, New Milford, 860-350-0006 theuppercrustcucina.com. Open daily. L D, \$\$

The Venetian Restaurant • Classic Italian Enjoy seasonal specials and traditional fare like house-made pasta. • 52 East Main St., Torrington, 860-489-8592 thevenetianrestaurant.com. Closed Tues. L (Mon.-Sat.) D, \$\$, WA

West Street Grill • New American • EP An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. Wine Spectator Award of Excellence. • 43 West St., Litchfield, 860-567-3885 weststreetgrill.com. Open daily. L D SB, \$\$\$, E (on weekends), WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub • American • EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones - shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an ecclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.). D (Wed.-Mon.). \$\$\$

Yokohama • Japanese • EP Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 yokohama-sushi.net. Open daily. L D, \$\$, WA

Middlesex County

Alforno • Northern Italian Known for a great selection of house-made ravioli, including veal osso buco with fresh ricotta ravioli, butternut squash ravioli and wild boar ravioli, as well as tagliatelle Bolognese and arugula chicken. . 1654 Boston Post Road, Old Saybrook, 860-399-4166 alforno.net. Open daily. L D, \$\$, WA

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

The Blue Oar • Seafood • EP Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 blueoarct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Boom • American Dine on the outdoor deck overlooking a sea of yachts. Favorites include fried oysters, filet mignon Oscar with crabmeat-sherry cream and BBQ duck quesadillas. Brewer's Pilots Point Marina, 63 Pilots Point Drive, Westbrook, 860-399-2322 boomrestaurant.net, Open daily, L D SB, \$\$, WA

Celtic Cavern • Gastropub Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 http://www.celticcavern.com/. Open daily. L, D, \$\$

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. . 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Chicago Sam's • American This beloved sports bar takes sports fanaticism to new heights, showing every NFL, MLB, NBA and NHL game. When it comes to the menu, this place is also a winner. • 51 Shunpike Road, Cromwell, 860-635-1860 chicagosams.com. Open daily. L D LS, \$, E, WA

Chip's Pub III • Pub Grub This sports bar with a separate family-friendly dining area offers up 10-oz. burgers, as well as seafood and south-of-the-border fare. • 24 W. Main St., Clinton, 860-669-3463 www.chipspub3.com. Open daily. L D LS, \$\$, WA

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Caiun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster

ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily. B L D SB, \$\$\$, E

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| dining guide | middlesex county

El Pulpo Restaurant & Tapas Bar • Mediterranean Paella de mariscos and Vieiras a la Plancha (grilled diver sea scallops and lobster over fray fontina cheese risotto and champagne sauce) are among the highlights of this romantic restaurant. • 386 Main St., Middletown, 860-788-7525. Open daily. L D, \$\$

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

Fresh Salt at Saybrook Point Inn • American • EP Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, 860-395-2000 saybrook.com. Open daily. B L (Mon.-Sat.) D SB, \$\$\$, E, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. Wine Spectator Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueriact.com. Closed Sun. L D, \$

It's Only Natural (ION) Restaurant • Vegetarian • EP Vegan/vegetarian offerings with a Southwestern bent, plus a full organic bar. • 606 Main St., Middletown, 860-346-9210 ionrestaurant.com. Open daily. L, D (Mon.-Sat.), SB, \$\$

The L&E French and Good Elephant Bistro • French / Vietnamese • EP The reopened L&E French offers bistro favorites and modern interpretations of classic dishes. Meanwhile, the elephant in this room is flavor-and lots of it. From five-spice duck to sushi-grade tuna, this restaurant serves the salty, sour, bitter and sweet flavors of Vietnamese cuisine. • 59 Main St., Chester, 860-526-5301 goodelephantcafe.com. Open Wed-Sat. D, \$\$

La Boca Mexican Restaurant and Cantina • Mexican Sizzling fajitas, carne asada, grilled mahi mahi and the La Boca classic burrito are just some of the Mexican cuisine favorites offered at this fun restaurant with a patio and live music. • 337 Main St., Middletown, 860-347-4777 labocamexican.com. Open daily. L D LS, \$\$, E, WA

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. Lunch served Mon.-Fri. 11:30-2:30. • 163 Route 81, Killingworth, 860-663-1155 laforestarestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. . 86 Boston Post Road, Westbrook, 860-669-0767 Ijfishtale.com. Open daily. L D, \$\$, WA

Liv's Oyster Bar • Seafood • EP Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, 860-395-5577 livsoysterbar.com. Closed Tues. D, \$\$, WA

Luce · American Have your aged steaks grilled over wood chipsthere are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St. Middletown, 860-344-0222 lucect.com. Open daily. L D LS, \$\$, WA

Luigi's . Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo • Pizza • EP This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • Mexican Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table - mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com, Open daily, L.D. \$\$

River Tavern • American • EP Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, 860-526-9417 rivertavernrestaruant.com. Open daily. L D, \$\$

Rustica • Italian • EP The food is made fresh daily, from the pasta to the salads to the homemade desserts. Also offering a varied wine collection. • 189 Middlesex Turnpike, Chester, 860-526-9021 rusticact.com. Closed Mon. D, \$\$\$

Taste of China • Chinese • RC Authentic Szechuan/Chengdustyle food in an elegant yet casual setting, with a full bar and an extensive beer list. • 233 E. Main St., Clinton, 860-664-4454 tasteofchinaclinton.com. Open daily. L D, \$

New Haven County

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D LS, \$\$, E, WA

121 Restaurant @ OXC • American Watch the planes take off and land at 121, located at the Waterbury-Oxford Airport. The menu runs from great pizzas and burgers to an eclectic mix of American favorites. • 7 Juliano Drive, Oxford, 203-262-0121 121restaurantgroup.com/oxc. Closed Mon. L D, \$\$, E, WA

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

Amoy's Cajun Creole & American Restaurant • Cajun/ Creole Louisiana-inspired cuisine is spicy, flavorful and unique to the area. • 40 Orange St., New Haven, 203-691-7984 facebook.com/amoysrestaurant. Closed Sun. & Mon. D, \$, E, WA

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 1881/2 Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archiemoores.com. Open daily. L D LS, \$

Atelier Florian • Seafood New American fine-dining restaurant with a Belgium flair, featuring a raw bar, fresh seafood and private dining space. • 1166 Chapel St., New Haven, 203-859-5999 atelierflorian.net, Open daily, L D SB, \$\$

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

Bar Bouchee • French • RC Inspired by the neighborhood bistros of Lyon, France - known as bouchons - the menu features authentic French bistro classics as well as innovative cocktails and a carefully selected wine list. • 8 Scotland Ave., Madison, 203-318-8004 barbouchee.com. Open daily. D, \$\$

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine - including tapas, hot and cold. Wine Spectator Award of Excellence. • 155 Temple St., New Haven, 203-848-3000 barcelonawinebar.com. Open daily. D LS SB, \$\$, WA

Bella'Gio • Italian Classic and original recipies served up with the freshest ingredients and paired with a full variety of wine, beer and liquor. Padio dining available. • 835 W. Main St., Cheshire, 203-439-9175 bellagioct.com. Open daily. L (Mon.-Sat.) D, \$\$, WA

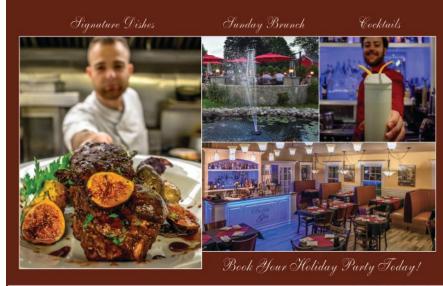
Bella's Café • American • EP Stylish and cozy cafe serves breakfast and lunch all day during the week, or brunch on weekends. • 896 Whalley Ave., New Haven, 203-387-7107 bellascafect.com. Closed Mon. B L SB, \$

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily, D SB, \$\$, E, WA

Brazi's • Italian Family-friendly restaurant provides a flair for traditional Italian dishes served in a relaxed and comfortable atmosphere. • 201 Food Terminal Plaza, New Haven, 203-498-2488 brazis.com. Open daily. L D, \$\$

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 179 Crown St., New Haven, 475-238-8335 caskrepublic.com. Open daily. L D, \$\$

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS. \$\$. WA



Photography by Klint Bejleri

BAR

Offering Cheshire the finest Italian Cuisine, served in a warm, comfortable atmosphere.

835 West Main Street, Cheshire, CT 06410 203.439.9175 • www.bellagioct.com

Chip's Family Restaurant • American • EP Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Claire's Corner Copia • Vegetarian • EP Café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, 203-562-3888 clairescornercopia.com. Open daily. B L D SB, \$, WA

Consiglio's Restaurant • Classic Italian Family-owned and -run for more than 70 years, Consiglio's is known for classic homestyle favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$

Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Cristy's Madison • American This restaurant and bar offers breakfast and dinner, as well as a complete burger menu. • 73 W. Wharf Road, Madison, 203-245-7377 cristysmadison.com. Open daily. B L D, \$\$

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA

Donahue's Madison Beach Grille • Irish Pub • EP Casual shoreline dining serving up fresh seafood, homemade clam chowder and lobster bisque soups, premier salads and daily specials. Live music on the weekends. • 1320 Boston Post Road, Madison, 203-318-8362 donahuesmadisonbeachgrille.com. Closed Mon. L D, \$\$, E

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

G-Zen • Vegetarian • EP Focused on green business ethics, G-Zen offers up locally sourced vegetarian, vegan, organic and sustainable cuisine. • 2 E. Main St., Branford, 203-208-0443 g-zen.com. Closed Sun.-Mon. L (Sat.), D, \$\$, E

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Goodfellas Restaurant • Italian • EP RC The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 goodfellasrestaurant.com. Open daily. L D, \$\$, WA

Heirloom • Modern Continental • EP Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. . 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com, Closed Mon, L D. \$\$, E

Ibiza Tapas • Tapas • EP Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 ibizatapaswinebar.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven. 203-777-6670 Iorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. Open daily. L D, \$\$, WA



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| dining guide | new haven county

Lao Sze Chuan • Asian In Chinese, Lao means "old, authentic, traditional," and that's the restaurant's goal: to provide authentic Chinese cuisine at a reasonable price. • 1585 Boston Post Road, Milford, 203-783-0558 tonygourmetgroup.com. Open daily. L D, \$

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetitcafe.net. Closed Mon.-Tues. D, \$\$\$

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried wholebelly clams. • 501 Long Wharf Drive, New Haven. 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 Ijfishtale.com. Open daily. L D, \$\$, WA

Mamoun's • Middle Eastern • EP Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

MiKro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 mikrobeerbar.com. Open daily. D SB, \$\$, WA

Miya's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. . 68 Howe St., New Haven, 203-777-9760 miyassushi.com. Closed Sun.-Mon. L D, \$\$\$, WA

Moxie • American • EP High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall St., Madison, 203-421-6963 moxie-bar.com. Closed Mon. D (Tues.-Sun) L (Fri.-Sun.), \$\$, WA

olea • Spanish • EP World-class, full-service Spanish restaurant, with a fun tapas bar. . 39 High St., New Haven, 203-780-8925 oleanewhaven.com. Closed Sun. D, \$\$\$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 prime16.com. Open daily. L, D, LS (Orange), \$

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Roìa • French/Italian This new spot in the Taft Hotel building evokes a golden era when romance reigned. On the menu: artichoke soup, chicken al mattone and panna cotta. • 261 College St., New Haven, 203-200-7045 roiarestaurant.com. Open Wed-Sun. D, \$\$, WA

Sans Souci • American A casual mainstay in the area that prides itself on offering fresh pasta, steak, chicken, veal, seafood and other crowd pleasers. • 2003 N. Broad St., Meriden, 203-639-1777 sanssoucirestaurant.com. Closed Mon. L (Tues.-Fri.), D, \$\$

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$\$

Shoreline Diner, Guilford • American • EP The seasonal menu focuses on fresh, natural ingredients, with lots of vegetarian and vegan options. • 345 Boston Post Road, Guilford, 203-458-7380 shorelinediner.com. Open daily. BLD, \$, WA

Solun Tapas Bar & Restaurant • Spanish Solun is Spanish for "the sun and the moon" and this restaurant promises an escape from the ordinary with a wide array of tanas and other food classics from Spain • 245 Amity Road, Woodbridge, 203-298-9741 soluntapasbar.com. Open daily. L (Tues.-Sun.) D (Tues.-Sat.) SB, \$\$, E, WA

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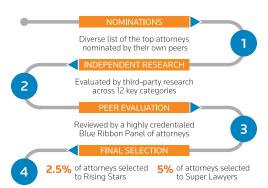
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Connecticut's Personal Injury Law Firm — Fighting for You

Since 1938, the attorneys of Trantolo & Trantolo have fought for individuals who have suffered injury or the loss of a loved one due to another's negligence. We are dedicated to client service, excellence and just compensation.

The firm represents clients in matters involving car and motorcycle accidents; dog bites; slip and fall injuries; nursing home negligence; Social Security disability; workers' compensation; medical malpractice; and mass torts and class actions. The firm is readily accessible with offices in Bridgeport, Hartford, Waterbury, and Torrington.

Keith V. Trantolo and Ron Etemi are again honored on the Rising Stars list. They are skilled, determined trial lawyers who bring a wealth of legal knowledge, strategies, courtroom acumen and experience to the fight.

Trantolo, the firm's managing partner, continues the tradition of excellence and success passed on to him by his father, Atty. Vincent Trantolo. A seasoned trial lawyer, Etemi brings dedication to success and a breadth of legal strategy to his courtroom appearances and negotiations on behalf of his satisfied clients.



D'AMICO & PETTINICCHI, LLC

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As a leader among New England personal injury litigators, D'Amico & Pettinicchi, LLC is known for its tenacious and compassionate representation of injury victims. For more than 25 years, D'Amico & Pettinicchi has been holding wrongdoers accountable in the areas of personal injury, medical malpractice, nursing home negligence and products liability.

The firm focuses its practice solely on serious injury and wrongful death litigation.

EXPERIENCE AND INTEGRITY The attorneys of D'Amico & Pettinicchi are skilled and experienced, with a breadth of personal injury knowledge only a small number of Connecticut litigators possess.

"We service both individual clients and other law firms needing expertise and specialized knowledge in personal injury," says partner Mike D'Amico, who is the immediate past-president of the Connecticut Trial Lawyers Association. "It is our job to ensure the civil justice system works for all victims of serious personal injury and tragic wrongful death."

PREPARATION AND PASSION The attorneys of D'Amico & Pettinicchi are dedicated to getting to know their clients because personal relationships make for zealous and compassionate advocacy. The firm prides itself on thorough research, knowing victory at trial is often in the details, and routinely uses pretrial focus groups in order to achieve the best results.

TOP-NOTCH LEADERSHIP This year, the firm again celebrates the selection of D'Amico to the Connecticut and New England Super Lawyers lists, and D'Amico and Pettinicchi for inclusion in The Best Lawyers in America for plaintiff's personal injury in 2018. In 2015, D'Amico was named Best Lawyers' Lawyer of the Year for plaintiffs' personal injury litigation and, in 2016 and 2018, Best Lawyers' Lawyer of the Year for plaintiffs' medical malpractice law—both for the metropolitan area of New Haven. D'Amico was also named to the Super Lawyers Top 10 list in Connecticut and Top 100 list in New England for his work in personal injury litigation.

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TOP 50

HABETICAL LISTING OF THE LAWYERS WHO RANKED TOP OF THE LIST IN THE 2017 CONNECTICUT SUPER LAWYERS NOMINATION, RESEARCH AND BLUE RIBBON REVIEW PROCESS

Adler, Gregg, Livingston Adler Pulda Meiklejohn & Kelly, Hartford

Atkins, David P., Pullman & Comley, Bridgeport

Babbin, Jeffrey R., Wiggin and Dana, New Haven

Ball, David A., Cohen and Wolf, Bridgeport

Barrett, Campbell D., Pullman & Comley, Hartford

Blomberg, Jill Heitler, Schoonmaker George and Blomberg, Old Greenwich

Brown, Richard R., Brown Paindiris & Scott, Hartford

Cavanaugh, Dennis C., Robinson & Cole, Hartford

Chavey, Victoria "Tory" Woodin, Jackson Lewis, Hartford

D'Amico, Michael A., D'Amico & Pettinicchi, Watertown

Dow, III, William F., Jacobs & Dow, New Haven

Elbaum, Steven L., Robinson & Cole, Stamford

Faulkner, Dale P., Faulkner & Graves, New London

Faxon, Joel T., Faxon Law Group, New Haven

Ferro, Gaetano, Ferro & Battey, Darien

Fogarty, James R., Fogarty Cohen Russo & Nemiroff, Old Greenwich

Garofalo, Beverly W., Jackson Lewis, Hartford

Garrison, Joseph D., Garrison Levin-Epstein Fitzgerald & Pirrotti, New Haven

Glasser, James I., Wiggin and Dana, New Haven

Golub, David S., Silver Golub & Teitell, Stamford

Graves, Shelley L., Faulkner & Graves, New London

Horton, Wesley W., Horton Dowd Bartschi & Levesque, Hartford

Houlihan, Jr., John J., RisCassi & Davis, Hartford

Jainchill, Michael C., RisCassi & Davis, Hartford

Katz, Stuart M., Cohen and Wolf, Bridgeport

Keefe, Hugh F., Lynch Traub Keefe & Errante, New Haven

Kennedy, Jr., John J., Kennedy Johnson Schwab & Roberge, New Haven

Lubin, Andrew, Neubert Pepe & Monteith, New Haven

Mahoney, Douglas, Tremont Sheldon Robinson Mahoney, Bridgeport

Merriam, Dwight H., Robinson & Cole, Hartford

Moore, Sr., Garrett M., Moore O'Brien & Foti, Middlebury

Pavano, John J., Pavano Dombrowski, Windsor

Pepe, Louis R., McElroy Deutsch Mulvaney & Carpenter, Hartford

Pothin, Timothy P., Faxon Law Group, New Haven

Riccio, Eugene J., Young & Riccio, Bridgeport

Roberts, II, Norman A., Roberts Family Law, Darien

Robertson, Jr., James K., Carmody Torrance Sandak & Hennessey, Waterbury

Rvan, III. Daniel E., Rvan Rvan Deluca, Stamford

Santos, Hubert J., Law Offices of Hubert J. Santos, Hartford

Shapiro, Jonathan M., Shapiro Law Offices,

Shearin, James T. (Tim), Pullman & Comley, Bridgeport

Silver, Richard A., Silver Golub & Teitell, Stamford

Slager, Paul A., Silver Golub & Teitell, Stamford

Smith, Eric P., Faxon Law Group, New Haven

Solomon, Greta E., Cohen and Wolf, Bridgeport

Teitell, Ernie, Silver Golub & Teitell, Stamford

Walsh, Michael J., Walsh Woodard, West Hartford Wanat, Christopher F., Milano & Wanat, Branford

Young, Charles Christian, Young & Riccio, Bridgeport

Ziotas, Angelo A., Silver Golub & Teitell, Stamford

TOP 1

D'AMICO, MICHAEL A D'Amico & Pettinicchi Watertown

DOW, III, WILLIAM F. Jacobs & Dow, New Haven

FERRO, GAETANO

Ferro & Battey, Darier

GARRISON, JOSEPH D.

 Ranked Number Three Garrison Levin-Epstein Fitzgerald & Pirrotti, New Haven

GLASSER, JAMES I.

Wiggin and Dana, New Haven

KENNEDY, JR., JOHN J.

Kennedy Johnson Schwab & Roberge, New Haven

MERRIAM, DWIGHT H.

Ranked Number Two Robinson & Cole, Hartford

McElroy Deutsch Mulvaney & Carpenter, Hartford

SHEARIN, JAMES T. (TIM)

Pullman & Comley, Bridgeport

WALSH, MICHAEL J.

PEPE, LOUIS R.

 Ranked Number One Walsh Woodard, West Hartford

TOP 25 WOMEN

ALPHABETICAL LISTING OF THE WOMEN LAWYERS WHO RANKED TOP OF THE LIST IN THE 2017 CONNECTICUT SUPER LAWYERS NOMINATION, RESEARCH AND BLUE RIBBON REVIEW PROCESS

Acee, Elizabeth K., LeClairRvan, New Haven

Blomberg, Jill Heitler, Schoonmaker George and Blomberg, Old Greenwich

Bovée, Tanya A., Jackson Lewis, Hartford

Cameron, Pamela L., Moore O'Brien & Foti, Middlebury

Catino, Ann M., Halloran & Sage, Hartford

Chavey, Victoria "Tory" Woodin, Jackson Lewis, Hartford

de Toledo, Victoria, Casper & de Toledo, Stamford Emmett, Kathryn, Emmett & Glander, Stamford

Garofalo, Beverly W., Jackson Lewis, Hartford

Graves, Shelley L., Faulkner & Graves, New London

Hamilton, Trudie R., Carmody Torrance Sandak & Hennessey, Waterbury

Knight, Tara, Knight & Cerritelli, New Haven

Lubell, Ellen B., Law Offices of Ellen B. Lubell, Westport

Mason, Margaret Penny, LeClairRvan, New Haven

Moore, Pamela J., McCarter & English, Hartford Morkan, Linda L., Robinson & Cole, Hartford

Nietzel, Catherine S., Ryan Ryan Deluca, Stamford

Pirrotti, Nina T., Garrison Levin-Epstein Fitzgerald & Pirrotti, New Haven

Robinson, Cindy L., Tremont Sheldon Robinson Mahoney, Bridgeport

Solomon, Greta E., Cohen and Wolf, Bridgeport

Strange, Margaret J., Jackson Lewis, Hartford

Truax, Louise T., Lax & Truax, Southport

Weaver, Maureen, Wiggin and Dana, New Haven

Whitehead, Christine M., Attorney at Law, Hartford

Whitney, Diane W., Pullman & Comley, Hartford

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injured through the negligence of others. The firm has obtained dozens of multimillion-dollar verdicts and settlements in medical malpractice, wrongful death, sexual abuse, motor vehicle collision, slip and fall, defective drug and products liability cases.

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In 2016, Kelly Reardon successfully changed Connecticut's medical malpractice law in a landmark Supreme Court decision, Cefaratti v. Aranow.

Robert I. Reardon Jr. has been a Super Lawyers honoree every year since 2006. Joseph M. Barnes and Kelly E. Reardon have been named to the Rising Stars list every year since 2012.

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THE LIST BY PRIMARY AREA OF PRACTICE

The list was finalized as of May 2, 2017. Any updates to the list (for example, status changes or disqualifying events) will be reflected on superlawyers.com.

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Phone numbers included only for attorneys with paid Super Lawyers print advertisements.

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Sandak, Jay H., Carmody Torrance Sandak & Hennessey, Stamford

ANTITRUST LITIGATION

Langer, Robert M., Wiggin and Dana, Hartford

APPELLATE

Babbin, Jeffrey R., Wiggin and Dana, New Haven Pg. S-4

Bartschi, Kenneth J., Horton Dowd Bartschi & Levesque, Hartford

Bayer, Aaron S., Wiggin and Dana, Hartford

Brunstad, Jr., G. Eric, Dechert, Hartford

Das, Proloy K., Murtha Cullina, Hartford

Donlon, Thomas J., Robinson & Cole, Stamford

Dowd, Karen L., Horton Dowd Bartschi & Levesque, Hartford

Emanuel, Richard, Law Offices of Richard Emanuel, Guilford

Falk, Glenn W., New Haven Legal Assistance Association Inc., New Haven

Freiman, Jonathan M., Wiggin and Dana, New Haven

Hasapidis, Annette G., Hasapidis Law Offices, Ridgefield

Horton, Wesley W., Horton Dowd Bartschi & Levesque, Hartford Pg. S-4

Klau, Daniel J., McElroy Deutsch Mulvaney & Carpenter, Hartford

Krisch, Daniel J., Halloran & Sage, Hartford

Levesque, Brendon P., Horton Dowd Bartschi & Levesque, Hartford

Markley, George J., Attorney at Law, Fairfield

Morkan, Linda L., Robinson & Cole, Hartford

Ray, Charles D., McCarter & English, Hartford

Schellenberg, Barbara M., Cohen and Wolf, Orange

Schoonmaker, IV, Samuel V., Schoonmaker Legal Group, Stamford

Seifert, Conrad Ost, Seifert & Hogan, Old Lyme

Sterling, Alinor C., Koskoff Koskoff & Bieder, Bridgeport, 203-583-8634 **Pg. S-7**

Taylor, Michael S., Taylor & Sexton, Hartford

AVIATION & AEROSPACE

Arnold, Steven E., SA Law, West Hartford

Lange, Paul A., Law Offices of Paul A. Lange, Stratford

Smith, Kevin M., Wiggin and Dana, New Haven

White, Jeffrey J., Robinson & Cole, Hartford

BANKING

Maglio, Michael F., Robinson & Cole, Hartford **Roos, Norman H.**, Robinson & Cole, Hartford

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Beatman, Matthew K., Zeisler & Zeisler, Bridgeport

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Cohen, Joshua W., Day Pitney, New Haven

Enright, Michael R., Robinson & Cole, Hartford

Feigenbaum, Barry S., Rogin Nassau, Hartford

Ferland, Niclas A., LeClairRyan, New Haven

Filardi, Jr., Charles J., Filardi Law Offices, New Haven

Flaschen, Evan D., Bracewell, Hartford

Goldman, Irve J., Pullman & Comley, Bridgeport

Gulliver, Carl T., Coan Lewendon Gulliver & Miltenberger, New Haven

Henzy, Eric, Reid and Riege, Hartford

Katz, Barbara H., Law Offices of Barbara H. Katz, New Haven

Markus, Ilan, LeClairRyan, New Haven

Newton, Jon P., Reid and Riege, Hartford

Shaiken, David M.S., Shipman Shaiken & Schwefel, West Hartford

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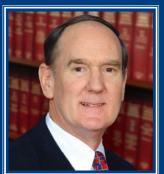
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15 Let 1 2017 6

JAMES G. WILLIAMS, selected to Connecticut Super Lawyers 2010-2017, specializes in civil litigation with emphasis on the defense of municipalities and public officials. In addition to defending civil litigation, Williams has a successful plaintiffs' litigation practice, representing accident victims. Handling defense and plaintiffs litigation provides him with a unique perspective that has contributed to his success. He has received an AV Preeminent rating (2010-present) from Martindale-Hubbell. He is the managing partner of Williams, Walsh & O Connor, LLC, an eight-lawyer firm specializing in civil litigation. He has taught and lectured on a variety of subjects pertaining to litigation, municipal liability and personal injury claims.

KEVIN P. WALSH, selected to Connecticut Super Lawyers 2007-2010 and 2013-2017, handles a wide variety of litigation matters including insurance defense, coverage litigation, commercial litigation, malpractice, franchise litigation, trusts and estates litigation, and products liability litigation. He is admitted to the state courts of Connecticut and Massachusetts, the Federal District Court of Connecticut and the United States Supreme Court. TopVerdict.com has reported Walsh as having obtained two of the top 50 verdicts reported in Connecticut in 2016.

MICHAEL F. O'CONNOR, selected to Connecticut Super Lawyers 2007-2013 and 2017, represents plaintiffs and defendants in personal injury and workers' compensation matters throughout Connecticut. O'Connor has settled what is believed to be the largest workers' compensation case in the history of the state. He has also argued before the Connecticut Supreme Court, the Connecticut Court of Appeals and the 2nd Circuit Court of Appeals on numerous occasions.

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Gail E. McTaggart practices in the areas of Real Estate Development, Commercial and Residential Real Estate, Land Use, Municipal and Environmental Law.

Thomas G. Parisot practices in the areas of Civil Litigation including Commercial Law, Employment Law and Personal Injury.

Tara L. Shaw practices in the area of Labor and Employment Law.

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Patrick Tomasiewicz has been the sole owner of Fazzano & Tomasiewicz, LLC since 1997. He is a member of the American Civil Justice Foundation and the National Trial Lawyers Association, Treasurer of the Hartford County Bar Association, and sits on the Board of Governors for the Connecticut Trial Lawyers Association. Attorney Tomasiewicz has handled numerous cases over the past 33 years, including wrongful death; murder; medical, hospital and nursing care negligence; car accidents; dram shop claims; violent assault; sexual assault; white-collar defense; employment law; and narcotics offenses in state and federal court. He is board-certified by the National Board of Trial Advocacy for civil litigation. He represents the Fraternal Order of Police, Lodge #30, in Hartford. As an adjunct professor at the University of Hartford, he teaches criminal law. In 2016, he successfully co-represented a physician who was charged with sexually assaulting 11 patients, which resulted in the full dismissal of the cases.

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PERSONAL INJURY MEDICAL MALPRACTICE: PLAINTIFF PERSONAL INJURY GENERAL: PLAINTIFF

Russ is widely known as a leading personal injury and medical malpractice attorney in Connecticut. Russ has obtained many substantial settlements and verdicts for adults and children in cases involving birth injuries, brain injuries, spinal cord injuries, cancer misdiagnosis, other life-altering injuries, and wrongful death. He is Board Certified as a Civil Trial Advocate by the National Board of Trial Advocacy and is a Fellow of the Connecticut Chapter of the American Board of Trial Advocates. Russ has been listed in Connecticut Super Lawyers in Connecticut Magazine in the field of medical malpractice every year since each list has been published.

GENERAL LITIGATION

Attorney Joseph B. Burns is a Principal and former Managing Principal of the Hartford-based law firm, Rome McGuigan, P.C. Attorney Burns has over 30 years of experience litigation complex commercial disputes, mass torts and catastrophic losses, personal injury and criminal cases in state and federal courts. He has served as a Fact Finder, Arbitrator and Attorney Trial Referee in the Connecticut Superior Court since 1999, and has been appointed to several committees serving the Connecticut Judicial Branch, most recently as a current member of the Client Security Fund Committee. Attorney Burns has also taught Connecticut Practice and Procedure as an Adjunct Professor at the Western New England University School of Law since 2014.

CRIMINAL DEFENSE CRIMINAL DEFENSE: DUI/DWI

Attorney Colarusso is a former prosecutor with over 34 years of experience in the criminal field, including jury and non-jury trials. He is admitted and practices in Connecticut (1993), New York (1983) and the Federal Courts in both states. He has succesfully defended Murder, Attempted Murder, Assault, Burglary, Domestic Violence, Drug, DWI, DUI, Economic Crimes, Juvenile matters, Sex Offenses, Child Pornography, Motor Vehicle and Traffic matters. He brings his understanding of the courts and the law to vigorously defend his clients. His practice is limited to all Criminal and DWI/DI II matters.

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FAMILY I AW

Since 1996, Attorney Eisenberg has practiced almost exclusively divorce and custody law. In addition to contested divorce and custody actions, she handles post-judgment modifications to alimony, child support, and parenting access schedules; prenuptial agreements; and relocation cases. She also practices collaborative divorce, a non-adversarial approach that resolves disputes without going to court and is a founding member and past Secretary of the Connecticut Collaborative Divorce Group. A former evaluator/investigator for the U.S. Congress, Attorney Eisenberg is an excellent listener and is responsive, thorough, and discreet. The George Washington University, MPA, and University of Connecticut. B.A.

FAMILY LAW ALTERNATIVE DISPUTE RESOLUTION REAL ESTATE

Susan Perrin Geenty is a partner in the Middletown law firm of Farrell, Geenty, Sheeley, Boccalatte & Guarino, P.C., and has 29 years of experience in the field of domestic relations including complex custody and financial matters. Attorney Geenty practices in the areas of family law litigation and divorce mediation and is a founding member of Resolution Through Mediation, LLC. She serves as a special master to mediate divorce and custody disputes on the Regional Custody Docket for the State of Connecticut and is a member of the Association of Family and Conciliation Courts (AFCC). Attorney Geenty is admitted to practice in Connecticut, New York, and the U.S. District Court, District of Connecticut. The firm also maintains an office at 205 Old Boston Post Road, Old Saybrook, CT 06475.

CIVIL LITIGATION: DEFENSE CIVIL RIGHTS

Attorney Thomas R. Gerarde defends municipalities, boards of education, police officers, public officials, land use commissions, non-profit organizations, and institutions against all general and professional liability claims, including civil rights claims. He is nationally Board Certified as a Civil Trial Specialist by the National Board of Legal Specialty Certification. He has achieved Martindale-Hubbell's highest rating of AV preeminent and has been inducted into ABOTA. He has been designated to the Top 1 percent of America's Most Honored Professionals by *The American Registry*. He has defended jury trials in all Connecticut state and federal courts and has argued appeals before the Connecticut Appellate Court, the Connecticut Supreme Court, and the U.S. Court of Appeals for the Second Circuit.

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FAMILY LAW

PERSONAL INJURY GENERAL: PLAINTIFF

Jeffrey D. Ginzberg is a trial lawyer. He is a member of the Seymour law firm of Perelmutter, Potash & Ginzberg, P.C., a litigation firm with an emphasis on family law, divorce, and personal injury. He graduated from Brandeis University (1977) and Boston College Law School (1980), where he was the student editor of the Family Law Journal, a publication of the American Bar Association. A family law master, he lectures on a wide variety of divorce issues and is Board Certified by the National Board of Trial Advocacy. His chapter on Custody and Visitation appears in the publication Family Law Practice in Connecticut (1996). He has been involved in a number of high-profile custody cases throughout the state, such as Fennelly v. Norton, 294 Conn. 484 (2010).



In 1992, following a two year clerkship with the Connecticut Judicial Department, Howard created a law firm devoted to the practice of family law. The firm continues to represent individuals in all family matters, from simple to complex divorces (including cases of first impression and international, constitutional, and public policy matters), along with the myriad of post-divorce custody and financial disputes which arise. Howard's experience as a judicially appointed special master has fostered success in accommodating the public's recent trend toward mediation. The firm also represents individuals and families in estate administration and some civil litigation. Howard has been a featured quest on Greta Van Susteren, Geraldo, Court TV, and other nationally and locally televised news broadcasts.

INSURANCE COVERAGE PERSONAL INJURY GENERAL: PLAINTIFF BUSINESS LITIGATION

Lenny represents people who have disputes with insurance companies, people involved in contract problems, and people who have been seriously injured. Lenny vigorously pursues fair outcomes for his clients, through trials and appeals if necessary, as well as through mediation and arbitration. When particularly complicated matters require multiple areas of expertise and skills, Lenny brings clients a customized team of necessary attorneys and non-lawyer experts, using his extensive resources, contacts, and experiences. Lenny is not shy, and does not sugarcoat his advice. For over 25 years, clients have relied upon Lenny's skill, candor, and determination.

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EMPLOYMENT & LABOR EMPLOYEE ADVOCATE AND ADVISOR

Heena Kapadia is recognized as a leader in Connecticut in the field of employment law. She has established a reputation not just for her strong advocacy skills, but, also, for her passion for protecting the rights of employees and loyalty to her clients. Her law practice focuses exclusively on challenging the illegal treatment of employees by employers and advocating for the rights of employees. She has litigated in Connecticut state and federal courts discrimination claims based on age, pregnancy, sex, race and disability, and claims involving wrongful termination, breach of contract, whistle blower retaliation, the family and medical leave act and wage and hour laws. Heena Kapadia provides the personalized service that clients need when dealing with a job loss or difficult workplace situation.

WORKERS' COMPENSATION PERSONAL INJURY GENERAL: PLAINTIFF

Michael Kerin is a Board Certified Workers' Compensation Specialist who has successfully litigated cases from trial through the Connecticut Supreme Court. A graduate of Vassar College, Middlebury College (M.A.), American University (MFA), and Quinnipiac Law School, summa cum laude, he is the former Chairman of the Standing Committee for the CBA's Workers' Compensation Certification Program, an author and a former editor of the Compensation Quarterly, the Past President of the Milford Bar Association, and a former member of the CBA's Executive Committee for the Workers' Compensation Section He has published articles and lectured on the subject of workers' compensation and is pleased to accept referrals in accordance with the Rules of Professional Conduct.

FAMILY LAW

Ellen Lubell practices matrimonial law in Westport, CT. The first woman public defender in Connecticut, she was recently featured in a video about prominent women in Connecticut legal history. Attorney Lubell is a member of the American Academy of Matrimonial Lawyers and former President of its Connecticut Chapter. She serves as a Special Master in the Regional Family Trial Docket and in the Bridgeport and Stamford Courts. From 2000 to 2006, she served on the Grievance Panel for the Judicial District of Fairfield at Bridgeport. Attorney Lubell is AV-rated by Martindale-Hubbell and was selected for inclusion. in The Best Lawyers in America, 2016 and 2017 lists. She lectures and writes frequently about matrimonial law.

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WORKERS' COMPENSATION

PERSONAL INJURY GENERAL: PLAINTIFF **EMPLOYMENT & LABOR**

Attorney Morrissey specializes in workers' compensation law. His achievements were recognized in 2001 when he was one of the first in Connecticut to earn status as a Board Certified Workers' Compensation Specialist. He represents injured workers at all levels within the workers' compensation forum and has established landmark cases before the Connecticut Supreme and Appellate Courts on workers' compensation and heart and hypertension issues. Attorney Morrissey also represents clients on personal injury matters and public sector employment law. Andy graduated from the University of Connecticut School of Law and served as a Marine officer and judge advocate.

WORKERS' COMPENSATION PERSONAL INJURY GENERAL: PLAINTIFF **EMPLOYMENT & LABOR**

Attorney Morrissey specializes in worker's compensation and heart and hypertension claims. He has been certified as a specialist in the area of workers' compensation law by the Connecticut Bar Association since 2005. He is AV-rated by Martindale-Hubbell. Morrissey has served on the Workers' Compensation Section of the Connecticut Bar Association (Chairman from 2005-2007), the Standing Committee for Workers' Compensation Specialization, the Connecticut Trial Lawyers Association's Workers' Compensation Section, and the Legal Advisory Panel of the Workers' Compensation Commission. The firm also handles personal injury cases, public sector labor and pension issues, and Social Security disability claims.

INSURANCE COVERAGE PERSONAL INJURY GENERAL: DEFENSE

PERSONAL INJURY PRODUCTS: DEFENSE

Philip T. Newbury, Jr., handles insurance coverage matters in state and federal courts in Connecticut, Massachusetts, and Rhode Island. He also defends ski resorts and product manufacturers in catastrophic personal injury cases. He is certified as a Civil Trial Advocate by the NBTA and has tried over 30 jury cases to verdict. He is a frequent lecturer on insurance coverage issues. He is admitted to practice in CT, MA, and RI; the U.S. District Court for the Districts of Connecticut and Massachusetts; the Second Circuit Court of Appeals; and the U.S. Supreme Court. Mr. Newbury is a member of the ABA; the CT, MA, and RI Bar Associations; and the Association of Ski Defense Attorneys. He graduated from Suffolk University Law School and received his LL.M. in insurance law from UConn.



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EMPLOYMENT & LABOR



FAMILY LAW

Attorney Pasquini's law practice focuses exclusively on matrimonial law, family law, prenuptial agreements, and divorce. She handles complex financial cases and has represented high-profile clients dealing with a wide variety of complicated valuation and taxation issues. For over two decades, Attorney Pasquini has devoted herself to practicing compassionate, skilled family law and to steering her clients through these difficult situations with patience and sensitivity. Her interpersonal skills and insight help her clients determine what is in their best interests and how to address their needs creatively, thoroughly, and as expeditiously as possible. Attorney Pasquini is admitted to practice in Connecticut and in the Connecticut Federal District Court.

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PERSONAL INJURY GENERAL: PLAINTIFF CONSTRUCTION LITIGATION INSURANCE COVERAGE

Harold L. Rosnick, for over 40 years, has concentrated his work as an attorney on serious personal injury and wrongful death cases in state and federal courts. He has been involved in many motor vehicle accident reconstruction cases involving passenger vehicles, commercial vehicles, and tractor-trailers. He has successfully obtained numerous settlements and verdicts exceeding \$1 million. He is the senior partner in Miller, Rosnick, D'Amico, August & Butler, P.C. which offers its clients the highest standard of professional competence and service. He takes great pride in advocating for his clients to maximize the value of their cases in an honest and professional manner. He is also involved in many civic, charitable, and community leadership positions.

Attorney Richard H. Saxl focuses his Westport practice in the

areas of transactions and litigation relating to wills, estate,

and probate; zoning and land use; and commercial property tax appeals. He has argued and won cases in the Connecticut

Superior Courts, the Connecticut Appellate Court, and the

Connecticut Supreme Court. Some of those cases have been landmark decisions. He has been practicing law in Westport

for more than 35 years. A passionate advocate, Mr. Saxl has

represented clients all over Fairfield County, including Westport, Weston, Fairfield, Easton, Redding, Trumbull, Norwalk, Darien, New Canaan, Stamford, and Greenwich. Mr. Saxl has taught

probate administration at Fairfield University and has lectured

on probate administration for the National Business Institute.



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EMPLOYMENT & LABOR

William A. Ryan is a partner with his brother, David A. Ryan, Jr., in the firm Ryan & Ryan, LLC. His practice is dedicated exclusively to the representation of management in all aspects of labor and employment law. The firm has represented numerous private companies and nonprofit corporations in state and federal court and before various administrative agencies. The firm's clients include small companies and large multinational corporations in such industries as health care, transportation, information technology, and construction. In addition to private sector work, the firm also represents numerous municipalities, boards of education, and other public and quasi-public agencies.

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FAMILY LAW

Catherine Whelan, a third-generation Connecticut attorney, has practiced family law for nearly 30 years in the Fairfield County area. She has extensive experience representing clients with family and divorce-related issues and has tried many complex cases before Connecticut courts. She represents clients in all areas of family law, including child custody, financial disputes, property disputes, contempt, post-judgment matters, and prenuptial agreements. Catherine's skill and preparation are cornerstones of success for meeting each client's individual needs. In addition she has served as a court-appointed Guardian Ad Litem and attorney for minor children in disputed custody matters and as a Special Master in the Superior Court and the Regional Family Trial Court.

PERSONAL INJURY GENERAL: PLAINTIFF PERSONAL INJURY MEDICAL MALPRACTICE: PLAINTIFF

David A. Ryan, Jr., is a partner with his brother, William Ryan, in the firm of Ryan & Ryan, LLC. His practice is dedicated

exclusively to the representation of management in all aspects of labor and employment law. The firm has represented numerous private companies and non-profit corporations

in state and federal court and before various administrative

agencies. The firm's clients include small companies and large

multinational corporations in such industries as health care, transportation, information technology, and construction.

In addition to private sector work, the firm also represents

numerous municipalities, boards of education, and other public

Jonathan E. Spodnick graduated from UConn in 1985 and the University of Bridgeport Law School in 1989 (magna cum laude). He maintains his own law firm in Trumbull and Waterbury and has for over 20 years focused on Trucking, Auto and Motorcycle accidents, burn injuries, death cases, and nursing home malpractice. As a trial lawyer, he represents injured victims and was Board Certified by the National Board of Trial Advocacy as a Civil Trial Specialist in July 2003. He was appointed to the Board of Governors of the Connecticut Trial Lawyers Association in 2010. Attorney Spodnick has received verdicts from juries in excess of \$1 million and regularly accepts referrals of cases from other attorneys. For further information, nlease visit our firm's website

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CIVIL LITIGATION: DEFENSE TRANSPORTATION/MARITIME PERSONAL INJURY PRODUCTS: DEFENSE

Mr. Vossler attended Boston College (cum laude, 1982) and Quinnipiac School of Law (J.D., 1985). He is a senior partner with a broad range of trial experience. Representative clients include insurers, product manufacturers, trucking companies, retailers, restaurant chains, and athletic facilities. Memberships include the ABA, DRI, Connecticut Defense Lawyers Association, Association of Ski Defense Attorneys, and the Trucking Industry Defense Association. Mr. Vossler is admitted to practice in Connecticut, Massachusetts, New York, the U.S. District Court for the Districts of Connecticut and Massachusetts, and the US Court of Appeals (2nd Circuit). He is a mediator, arbitrator, and an Attorney Trial Referee in the Connecticut Superior Court.

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CONTINUED ON PAGE S-26



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Elizabeth is admitted to practice in Connecticut. Her practice includes estate planning, probate, special needs, and elder law, which include drafting estate planning documents and special needs trusts, settling estates, planning and applying for Medicaid benefits, and representing those who care for the developmentally disabled. Elizabeth currently serves as the President of the New Haven County Bar Association's Young Lawyers Section, is a member of the New Haven County Bal Association's Public Service Committee, and is a member of the Connecticut Bar Association's Elder Law Section. She is also an active member of the Friends of Lighthouse Point Park volunteer group and enjoys spending time with her dogs: a Weimaraner and a rescue

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Andrew's practice involves all aspects of probate, trust, estate, disability, special needs, bioethics, and elder law, with all ancillary litigation in all courts. The most simple cases involve drafting a will or advance directives, settling an estate, or applying for Title XIX Medicaid benefits. Andrew also regularly handles will and trust contests, fiduciary mismanagement issues conservatorships, and complex estates. Andrew represents parents who want to obtain benefits for their developmentally disabled child, patients who have been denied Medicare coverage, and families grappling with the legal and ethical issues surrounding nutrition, hydration, and removal of life support for the terminally ill. Conservatorships were the first elder law cases he handled, and remain a cornerstone of his practice.

dining guide new haven county

Soul de Cuba · Afro-Cuban The Soul de Cuba Cafe concept is rooted in the idea of promoting and preserving Afro-Cuban culture through sharing traditional Cuban and African food and art. . 283 Crown St., New Haven, 203-498-2822 souldecuba.com. Open daily. L D SB, \$\$

Stowe's . Seafood . EP This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 stowesseafood.com. Open daily. L D, \$\$

Thai Sweet Treats • Thai The expansive menu offers unusual Thai delicacies you won't find anywhere else, but the stars here are the steamed desserts. 1060 Boston Post Road, Guilford, 203-533-5594 thaisweettreats.com. Closed Sun. & Mon. L D, \$, WA

Thali Too • Vegetarian/Indian • EP Flavorful vegetarian Indian cuisine in a fun and casual atmosphere. • 4 Orange St., New Haven, 203-777-1177 thali.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$\$

Tikkaway Grill • Indian • EP Build your own wrap or rice bowl by choosing your base and one of Tikkaway's signature sauces. Vegan options available. • 135 Orange St., New Haven, 203-562-1299; 2 Howe St., New Haven, 203-624-1299 tikkawaygrill.com. Open daily (Orange St.); Mon.-Fri. (Howe St.) L D, \$

Turkish Kebab House • Turkish Offers a range of Turkish fare, with seafood and vegetarian options available. • 1157 Campbell Ave., West Haven, 203-933-0002 turkishkebaphouse.com. Open daily. L D LS, \$\$

Union League Cafe • French • EP RC Designed to capture the conviviality and old-world charm of a Parisian brasserie - less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 unionleaguecafe.com. Closed Sun. L (Mon.-Fri.), D, \$\$\$

Viron Rando's Osteria • Italian • EP The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave, Cheshire, 203-439-2727 vironrondoosteria.com. Open daily. L D LS, \$\$

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Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid	1,688	1,794
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New London County

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Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmysticct.com. Open daily. L, \$, WA

The Captain Daniel Packer Inne • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 chestersbbg.com. Open daily. L D, \$\$

David Burke Prime • American • EP An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. . Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$\$

Engine Room • American • EP The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 engineroomct.com. Open daily. L D SB, \$\$

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily, L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While worldfamous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Frank's Gourmet Grille • American The "continental menu with a Mediterranean flair" serves up bold, rich flavors in its many seafood options and talian-influenced dishes. • 56 Whitehall Ave., Mystic, 860-415-4666 franksgourmetgrilleinmystic.com. Open Tues.-Sun. L D, \$\$

Harbour House Restaurant and Bar • Seafood Sample ahi tuna tacos, lobster, grilled swordfish and other seafood favorites in a casually elegant and comfortable setting with stunning water views. • 3 Williams Ave., Mystic, 860-536-8144 harbourhousect.com. Open daily. L (Mon.-Fri.) D, \$\$, E, WA

The Inishmor • Irish American Pub Get a taste of the old country at this authentic Irish pub where specialties include Gaelic favorites like chips and curry and shepherd's pie. • 20 Main St., Colchester inishmorpub.com. Open daily. L D LS, \$\$, E

Jasper White's Summer Shack . Seafood This award-winning restaurant features live lobster and crab, fried seafood, chowders and wood-grilled fish. . Mohegan Sun, Uncasville, 860-862-9500 summershackrestaurant.com, Open daily, L.D.SB. \$\$

Johnny's Peking Tokyo • Asian Fusion The finest in Asian-fusion cuisine, including ginger duck, shrimp and pork Hunan-style, sushi and sashimi. Dine in or order online for pickup. • 12 Coogan Blvd., Mystic, 860-572-9991 johnnysushibar.com. Open daily. L D, \$\$, WA

Kensington's at Norwich Inn • American A firstclass restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily, B L D SB, \$\$\$, E, WA

Kitchen Little • American Enjoy a panoramic view of the Mystic River while dining on eggs Benedict, omelets and other savory egg dishes at this breakfast destination. • 36 Quarry Road, Mystic, 860-536-2122. Open daily for breakfast. B L (Mon.-Fri.) SB, \$

Michael Jordan's Steak House • American • EP USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 michaeljordansteakhouse.com. Open daily. D, \$\$\$

Morning Glory Café • American • EP Family-owned restaurant located on the Lieutenant River in Old Lyme serves breakfast (all day on the weekends) and lunch, and features a menu with both American and Asian cuisine. • 11 Halls Road, Old Lyme, 860-434-0480, Open daily, B L. \$, WA

Octagon • American The menu at this upscale yet relaxed steakhouse includes the signature 24-ounce, bone-in rib eye, 14-ounce Kobe sirloin and wild striped bass. Wine Spectator Award of Excellence. . Mystic Marriott Hotel, 625 North Road, Groton, 860-326-0360 octagonsteakhouse.com. Open daily. B L D, \$\$\$, R

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily. L D, \$\$\$, WA

Oyster Club • American • EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 oysterclubct.com. Closed Tues. L (Sat.) D SB, \$\$, WA

The Pita Spot • Middle Eastern Serving Lebanese and Mediterranean food - fresh, artfully seasoned and cooked to perfection. • 45 Williams Ave., Mystic, 860-415-4656 thepitaspot.com. Closed Mon. L D, \$

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 red36ct.com. Closed Mon. L D, \$\$

Rise, Mystic • American • EP Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St, Mystic, 860-415-9519 risemysticct.com. Closed Tues. B, L, SB, \$, WA

S&P Oyster Co. • Seafood • EP RC Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. • 1 Holmes St., Mystic, 860-536-2674 sp-oyster.com. Open daily. L D, \$\$, WA

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Asian Bistro • Asian Fusion A popular hibachi steakhouse/ bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Road, Mansfield, 860-456-8316 asianbistromansfield.com. Open daily. L D, \$\$, WA

Bidwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$

Elmo's Dockside . Seafood Known for fresh, local seafood, homemade clam chowder and lobster bisque, USDA High Choice beef, poultry and pasta dishes. • 48 Hartford Tpke., Vernon, 860-646-3474 elmosdockside.com. Open daily. L (Mon.-Sat.) D, \$\$

Georgina's Italian Restaurant • Italian Warm and inviting - try the calamari appetizer, chicken Athena, lasagna and chicken parmigiano. • 275 Boston Tpke., Bolton, 860-647-0345 georginasrestaurant.com. Closed Mon. L D, \$\$, WA

Lake View • Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Little Mark's Big BBQ • Barbecue Little Mark's famous homemade sauces, such as Kansas City Sweet, Pork Pickin' Vinegar and Texas Hot, enhance the beef and pork ribs. • 226 Talcottville Road, Vernon, 860-872-1410 littlemarksbbg.com. Open daily. L D, \$\$, WA

Pancho Loco • Mexican Don your shorts and Hawaiian shirt and try this Parrothead paradise for sizzling fajitas and chillin' margaritas. • 218 Talcottville Road, Vernon, 860-871-1819 pancholoco.net. Open daily, L.D., \$, E, WA

Rein's New York Style Deli-Restaurant • American • EP Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

Tavern House Grill • American This pub-style sports bar features live entertainment and regular karaoke events. On the menu: steaks, burgers, grilled sandwiches and wings. • 200 Merrow Road, Tolland, 860-872-0332 tavernhousegrill.com. Open daily. L D SB, \$, E, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Utsav Indian Cuisine • Indian • EP This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 utsavcuisine.com. Open daily. L D, \$\$, WA

Vernon Diner • Continental Enjoy anything from homemade French toast and Greek specialties to steak, seafood and pasta at this friendly spot in Vernon. • 453 Hartford Tpke., Vernon, 860-875-8812 vernondiner.com. Open daily. B L D LS, \$, WA

Willington Pizza House • Pizza Unusual designer pizza concoctions, including red-potato and seafood casino. • 25 River Road (Route 32), Willington, 860-429-7433 willingtonpizza.com. Open daily. L D LS, \$, WA

Windham County

85 Main • New American There's something for everyone at this Main Street fixture: from sushi to duck-liver pâté, pulledpork barbecue to wild-mushroom ravioli. • 85 Main St., Putnam, 860-928-1660 85main.com. Open daily. L D LS, \$\$, WA

Bella's Bistro • Northern Italian An upscale spot with a seasonal menu serving veal, beef, chicken, pork, pizzas and more. • 75 Main St., Putnam, 860-928-7343 bellasbistromarket.com. Closed Mon. L D (Tues.-Sat.), \$\$, WA

Coriander Cafe • American • RC Offers breakfast, lunch and dinner with a focus on local and seasonal homestyle cooking, plus a specials menu that changes daily. • 192 Eastford Road, Eastford, 860-315-7691 coriandercafeeastford.com. Open daily. B L D (Tues.-Sat.), \$

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Fiesta Cinco De Mayo • Mexican A festive spot offering pollo salsa verde, carne asada and great guacamole. • 1228 Main St., Willimantic, 860-423-9524 fiestacincodemayoct.com/. Open daily. L D, \$\$, WA

Golden Lamb Buttery • American • EP In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateubriand or honey-glazed rack of lamb. • 199 Bush Hill Road, Brooklyn, 860-774-4423 thegoldenlamb.com. Closed Sun.-Mon. L D (Fri.-Sat.), \$\$\$, E, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$

The Heirloom Food Company • Vegan • EP RC Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-seascallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily, L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$\$, WA

Someplace Special Pizza • Italian Serves Greek style pizza, steaks, seafood and pastas at reasonable prices. • 58 Main St., Putnam, 860-928-2884 someplacespecialrestaurant.com. Open daily, L.D. \$, WA

Sugar & Smoke Brazen BBQ • Barbecue This no-frills North Carolina-style BBQ joint uses an oldschool smoker and hickory wood • 74B School St., Putnam, 860-928-7842, Closed Sun, & Mon, L. \$

The Vanilla Bean Café • American Known for its homemade soups, award-winning chili, vegetarian dishes and desserts. • 450 Deerfield Road (Rtes. 44, 169 & 97), Pomfret, 860-928-1562 thevanillabeancafe.com. Open daily. B L D (Wed.-Sun.), \$\$, E, WA

Willimantic Brewing Co. / Main Street Café • Brew **Pub** • EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA



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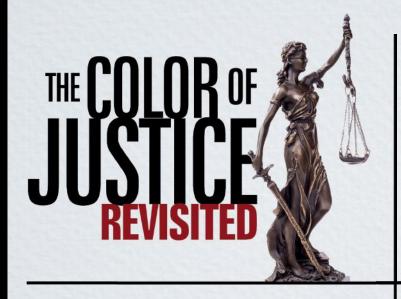
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HOW REALIS UNCONSCIOUS BIAS?

Premieres Thursday, November 9 at 8 p.m. on CPTV

The Color of Justice Revisited is a CPTV Partnership Production. For more information, visit **cptv.org/colorofjustice**.

Supported by a grant from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Office of Justice Programs, and U.S. Department of Justice to the State of Connecticut.



Repeats Sunday, November 12 at 11 a.m., Tuesday, December 12 at 10 p.m., and Monday, December 18 at 11 p.m. on CPTV

The Color of Justice Revisited offers a timely, candid examination of how attitudes, experiences, and stereotypes are impacting the treatment of young people of color in Connecticut's Juvenile Justice System.

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WNPR Opens New Studios in New Haven







"What's On!"

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At the Connecticut Public Broadcasting Network (CPBN), home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), we are passionate about the Nutmeg State. Although our headquarters is located in Hartford, our broadcast signal spans the entire state, and we want our reporting and engagement priorities to reflect that. That is why we are excited to announce the opening of WNPR's news bureau in New Haven this November, located at Gateway Community College.

Our commitment to quality journalism and educational outreach makes our new partnership with Gateway a perfect fit. These brand new studios will offer opportunities for valuable shoreline journalism, hands-on learning, and collaborative programs that will expand our footprint in the southern part of our state. New Haven county and the shoreline feature highly diverse populations, cultural richness, and a deep well of opportunities to explore and produce comprehensive reporting and storytelling that will extend to all comers of Connecticut. The news bureau will also become the home of The Faith Middleton Food Schmooze® and Morning Edition, among other WNPR programs.

We are also pleased to share that our news bureau will be home to a satellite program of our Institute for Advanced Media (IAM), CPBN's vocational training school. Here, adult learners and veterans will develop skills relating to responsible journalism and digital media. Gateway students will even receive the opportunity to participate in an internship program in our New Haven newsroom, working side-by-side with WNPR reporters. For more on this exciting news, see this issue's feature story.

We thank Gateway Community College for embarking on this exciting partnership with us. We also thank you, our members, for making projects like this possible and for enabling us to continue providing the state with access to the benefits of public media.

Jerry Franklin President and CEO, Connecticut Public Broadcasting Network

#GIWINGTUESDAY

Thursday, November 28 is #GivingTuesday.

Participate in this global day of giving by contributing to the Connecticut Public Broadcasting Network. Your generosity makes it possible for us to bring you the programs and entertainment you love.

cpbn.org/donate





David Letterman: The Kennedy Center Mark Twain Prize

Monday, November 20 at 8 p.m. on CPTV

Celebrate beloved broadcaster David Letterman, the 20th recipient of The Kennedy Center Mark Twain Prize for American Humor. From the stage of The John F. Kennedy Center for the Performing Arts, a star-studded lineup salutes the achievements of the comedic trailblazer.



How Not to Die with Dr. Michael Greger (In Studio)

Monday, November 27 at 8 p.m. on CPTV

Learn how to protect yourself from 10 causes of premature death and disease with a plant-based diet. Based on Dr. Michael Greger's bestselling book, this new special shows viewers how to become healthier and live longer based on scientific research.



Silent War

Wednesday, November 22 at 8 p.m. on CPTV Spirit

For the second half of the 20th century, the world's most powerful nations were engaged in an intense struggle for political and territorial supremacy. Discover how the United States, USSR, and their respective allies often participated in highly dangerous military stand-offs using submarine warfare.

ANNE OF GREEN GABLES:

The Good Stars

Thursday, November 23 at 8 p.m. on CPTV

Join Anne Shirley as she turns 13 and faces complex issues with friends, adults, and Gilbert. Her free-spirited nature is challenged by her perceived need to be sensible, a journey fraught with confusion and some unfortunate—albeit amusing—mishaps.



THE BEATLES: Eight Days a Week — The Touring Years

Saturday, November 25 at 8 p.m. on CPTV

Explore the history of the Fab Four from their early days in Liverpool to their last concert in San Francisco in 1966. The film, directed by Oscar-winner Ron Howard, reveals how the foursome united to become the global phenomenon that was "The Beatles."



Opens New



ood morning. In New Haven, I'm Diane Orson and this is Morning Edition, live from Gateway Community College."

Beginning in November, WNPR listeners will hear many of their favorite shows, including Morning Edition, airing from a brand new location: WNPR's New Haven news bureau at Gateway Community College (GCC). The expansion creates numerous opportunities for quality journalism and outreach programs that educate, inspire, foster collaboration, and effect change.

Shoreline Reporting

The new downtown New Haven studios will regularly serve as a live broadcast location for some of WNPR's leading news programs as well as the New England News Collaborative and other shoreline reporting efforts. It will also become the home of the Faith Middleton Food



The New Haven area is rich with stories worth sharing. We're excited to get started.

> **DIANE ORSON** WNPR'S NEW HAVEN BUREAU CHIEF



Studios in New Haven

Schmooze® and occasionally, WNPR's Where We Live and The Colin McEnroe Show.

The studios are also a way for WNPR to expand its presence in New Haven and restate its commitment to the rest of the state. "It feels like a great time for this to happen," explained Orson, WNPR's New Haven bureau chief. "There are a wealth of great story opportunities in this part of the state, from education to the arts to transportation to health, and we can't wait to dig into that."

Education and Outreach

This comprehensive partnership will enable Gateway students, including adult learners and veterans, to access multiple learning opportunities while also expanding the Connecticut Public Broadcasting Network's (CPBN) mission of education and engagement in the state of Connecticut. In January 2018, a

satellite program for the Institute for Advanced Media (IAM), CPBN's occupational school for adult learners and veterans, will open on the GCC campus. In addition, CPBN will offer a robust internship program for Gateway students interested in media studies and journalism.

"Throughout our 50-year history, education and engagement have remained central underpinnings to the work of CPBN — extending our reporting and broadcasting expertise to students at Gateway is the latest example of our commitment to journalism education in Connecticut," said CPBN President and CEO Jerry Franklin. "In the new media landscape, we are placing even greater emphasis on reaching out into the community to listen, learn, and inform."

For more information about this new partnership, visit wnpr.org.



Prime Time | November 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a . Live broadcasts indicated by a .
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

WED 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nature - H Is for Hawk: A New Chapter Helen Macdonald follows a family of goshawks.		NOVA - Killer Hurricanes The deadly Great Hurricane of 1780 is explored.		Frontline - Putin's Revenge, Part The inside look at Putin's conflict with the U.S. continues.		Antiques Roadshow - Our 50 States 1 Celebrate America's hidden treasures from all 50 states.		
CPTV Spirit	Second Opinion Special - Overdose: Inside the Epidemic		Frontline - Chasing Heroin Discover what hat treated like a public health crisis, not a crime, in					LaDonna Harris: Indian 101 Meet Comanche activist LaDonna Harris.	
THU 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	The Color of Justice How can Connecticut's juvenile justice system treat all young people fairly?		Father Brown - The Penitent Man Flambeau is incarcerated for murder.		Secrets of Westminster Go behind the gothic walls of the Houses of Parliament.		Ask This Old House	This Old House	
CPTV Spirit	Start Up 🔁	Craftsman's Legacy		This Old House Hour Home- owners pick a custom floor pattern. The Great British Baking Show, Season 2 - Part 4: Pies & Tarts		The Great British Baking Show, Season 1 - Masterclass 4			
FRI 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murde Matters, Part 1 A supervisor is murd	n environmental	Grantchester, Sea Masterpiece - Par suspected of murd	t 1 Sidney is	Great Performances - Noel Coward's Present Laughte obsessed actor experiences a midlife crisis amidst crazed unexpected twists. Kevin Kline stars in this production.				
CPTV Spirit	Hollywood Idols	Hollywood Idols 🔁	Movie Classics C grain merchant (W	Movie Classics Collection - Hello, Dolly! A matchmaker (Barbra Streisa grain merchant (Walter Matthau) for herself in circa-1900 New York.			sand) nabs a rich	On Story	
SAT 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Viewers' Favorite p.m.) Sit back and Saturday night ent	relax with CPTV's		y Felicity Jones pla lorland in Jane Aus					
CPTV Spirit	Marley's Ghosts	Vicious, Sea- son 1 - Part 6	Luther, Season 3 must clear his own		Hinterland - Peny A man's body was		Endeavour, Season 2 on Masterpiece - Trove**		
SUN 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	The Durrells in C on Masterpiece - Hermione arrives	Part 4 P Aunt	Poldark, Season 3 on Master- piece - Part 6 Whitworth puts		The Collection on Masterpiece - Part 5 Paul expels unwelcome guests.		Midsomer Murders - Country Matters, Part 1 (See CPTV, Nov. 3 at 8 p.m.)		
CPTV Spirit	Nature - Natural Staying Alive	Born Hustlers:	Big Pacific - Voracious The need to find food drives life in the Pacific.		The Great Polar Bear Feast Polar bears gather to feast on whales.		Operation Wild - Polar Bear bears cause havoc in Hudson		
MON 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Antiques Roadshow - Our 50 States 2 tems include a Joseph Henry Sharp oil and more.		You Are Cordially Invited - Highclere	dially Invited - dially Invited - anthropic efforts		The Royal Good Guys The phil- inthropic efforts of Britain's royal amily are explored.		Harry's Arctic Heroes Veterans attempt the first unsupported trek by wounded soldiers to the North Pole.	
CPTV Spirit	Born to Explore	Curious Traveler	Real Rail Adventu Switzerland	ures -	Globe Trekker - Northeast Secrets of Undergrou Explore wonders benea				



You Are Cordially Invited

Monday, November 6 at 9 and 9:30 p.m. on CPTV

Explore two of the most exquisite homes in all of England: Blenheim Palace and Highclere Castle (the main filming location for *Downton Abbey*). Join interior designer Holly Holden for an exclusive tour of these historic country homes, and discover their history and charm through discussions with the proud homeowners.



Prime | November 7-12

TUE 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Finding Your Roots, Season 4 - Part 6: Black Like Me Guests include Bryant Gumbel and others. The Vietnam War - Part 7: The Venee odds over the war. Soldiers on all sides courage.					A Time to Heal Pennsylvania residents reflect on their experiences during the Vietnam War.		
CPTV Spirit	NOVA - Secrets (Knight				In Search of Myths & Heroes - Arthur: The Once & Future King		Craftsman's Legacy	Craftsman's Legacy
WED 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - The Che A wildlife camerar cheetah family.	eetah Children (Panan shadows a	NOVA - Killer Floods Geologic fingerprints of colossal floods that reshaped the world are uncovered.		Frontline - The Business of Disaster Frontline explores who profits when disaster strikes.		Second Opinion Special - Over- dose: Inside the Epidemic Heroin- related deaths are on the rise.	
CPTV Spirit		tle Girl Blue: Amer light on the life of ic			Independent Lens - Chasing Trane Coltrane Documentary		: The John	Injunuity 🕒
THU 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Color of Justice Revisited	Healthy Minds - Mental Health & the Criminal	Doc Martin, Season 7 - Rescue Me Martin questions if Louisa will come back to him.		Doc Martin, Season 7 - The Shock of the New Martin meets with Dr. Rachel Timoney.		Ask This Old House	This Old House
CPTV Spirit	Start Up	Craftsman's Legacy	This Old House Hour Apprentices frame a wall in a bedroom.		The Great British Baking Show, Season 2 - Part 5: Biscuits &		The Great British Baking Show, Season 2 - Masterclass 1	
FRI 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murde Matters, Part 2 (S at 8 p.m.)		Grantchester, Se Masterpiece - Pa dies in a suspicion	rt 2 A professor	Great Performances - In the Heights: Chasing Broadway Dreams		Broadway in the Hood: Open Doors & Dreams A nonprofit theater company stages <i>Dreamgirls</i> .	
CPTV Spirit	Craft in America crafted instrument			- What He Did for lific composer is pro		Arts in Context	Science Goes to the Movies	On Story
SAT 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics (pocketful of dirt at	lovie Classics Collection - The Great Escape Allied soldiers dig a tunnel out of a Nazi prison camp, one bocketful of dirt at a time. Steve McQueen, James Garner, and Richard Attenborough star. Choctaw Code Talkers Explore the wartime contributions of forgiten heroes during World War I.						
CPTV Spirit	Marley's Ghosts	Vicious, Season 1 - Part 7	My Mother & Oth Masterpiece - Pa		Hinterland - The Girl in the Water, Part 1		Endeavour, Season 2 on Masterpiece - Nocturne**	
SUN 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Durrells in C on Masterpiece - makes an unroma	Part 5 P Vasilia	Poldark, Season piece - Part 7 Demelza bare thei	Ross and	The Collection on Masterpiece - Part 6 Claude is courted by a renegade fashion house.		Midsomer Murders - Country Matters, Part 2 (See CPTV, Nov. 3 at 8 p.m.)	
CPTV Spirit	Nature - Natural E The Hunger Hust		Big Pacific - Pass to breed leads to u		Nature - Invasion of the Killer Whales		Changing Seas	Changing Seas

2017 Academy Awards "Best Documentary Feature" Nominee

I Am Not Your Negro An Indie Lens Pop-Up Series Presentation

Thursday, November 30 at 7 p.m. 63 High Street, New Haven, CT Free Screening and Discussion

Drawing upon the lives and assassinations of Medgar Evers, Malcolm X, and Martin Luther King Jr., *I Am Not Your Negro* envisions the book James Baldwin never finished, a radical narration about race in America. Find additional details at **cptv.org**.



SPONSORED BY CPTV, INDEPENDENT LENS, AND THE YALE FILM STUDY CENTER







Prime Time | November 13-18

MON 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Antiques Roadshow - Junk in the Trunk 7 See appraisals of an American Folk Art cane and more.		Antiques Roadshow - Junk in the Trunk 3 Items include a collection of Celtics memorabilia.		Fake or Fortune - Portraits The team examines three intriguing works of art.		Independent Lens - What Was Ours An Arapaho tribal elder explores ancestral objects.		
CPTV Spirit	Born to Explore	Curious Traveler	Real Rail Advent Grand Tour	tures - Swiss	Globe Trekker - 1 Cuba's Sugar Ra	Globe Trekker - Tough Trains: Cuba's Sugar Railroads		th Enrique Chia ulture and beauty.	
TUE 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Finding Your Ro Part 7: Children Guests includ	ots, Season 4 - of the Revolution e Lupita Nyong'o.	The Vietnam Wa troop withdrawals for.	r - Part 8: The Hist begin, soldiers left	ory of the World in Vietnam ask wha	When American at they are fighting	Take Me Home Huey A helicopter shot down in Vietnam in 1969 is transformed into a sculpture.		
CPTV Spirit			Medicine Woman Meet the first Native American doctor.		Start Up	Emery Blagdon & His Healing			
WED 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	John Glenn: A L The life and caree senator John Gler	er of astronaut and	Beyond a Year in Follow astronaut S day in space and	Scott Kelly's last	people and events	The Farthest: Voyager in Space Hear the captivating tales of the people and events behind one of humanity's greatest achievements in exploration: NASA's Voyager mission.			
CPTV Spirit	Comedy Bootca Documentary	mp: The	VA & the Human The history of the	VA is explored.	POV - Almost Sunrise In an attempt to put haunting combat experiences behind them, two friends embark on an epic trek across America.				
THU 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV		The Hangman's Brown investigates of former hangman.	Doc Martin, Seas to Talk Dr. Timos Martin and Louisa	ney suggests that	Doc Martin, Season 7 - Education, Education, Education Louisa and Martin have their first session.		Ask This Old House	This Old House	
CPTV Spirit	Start Up 🕒	Craftsman's Legacy	This Old House floor becomes a r		The Great British Season 2 - Part 6		The Great British Baking Show Season 2 - Masterclass 2		
FRI 1 <i>7</i>	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murde Chorus, Part 1 A ber is found dead	A local choir mem-	Grantchester, Season 2 on Masterpiece - Part 3 A false alarm leads to a real investigation. Great Performances - Indecent See Paula Vogel's Tony Award winner inspired by the true story of the controversial 1923 Broadway debut of Sholem Asch's God of Vengeance.						
CPTV Spirit	Hollywood Idols 🔁	Hollywood Idols 🔁	Movie Classics Collection - The Great Escape (See CPTV, Nov. 11 at 8 p.m.)						
SAT 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV		a young man (Rich	Side Story The rivalry between New York City gangs nard Beymer) and woman (Natalie Wood) who are on His Mind Lynley and Havers investigate the death of Hatham Kureshi in a seaside village.						
CPTV Spirit	Marley's Ghosts	Vicious, Sea- son 2 - Part 1	My Mother & Other Strangers on Masterpiece - Part 2 Hinterland - The Girl in the Water, Part 2 Masterpiece - Sway**						



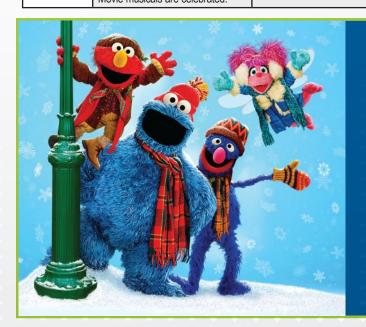
Nature: Nature's Miniature Miracles

Wednesday, November 22 at 8 p.m. on CPTV

Great things come in small packages. This film tells the epic survival stories of the world's smallest animals, from a tiny sengi, the "cheetah" of the shrew world, to a small shark that walks on land. For these animals, size does not matter.

Prime Time | November 19-24

SUN 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	The Durrells in Corfu, Season 2 on Masterpiece - Part 6 Dr. Petridis has his hands full.		Poldark, Season 3 on Master- piece - Part 8 Pelizabeth turns the tables on George.		The Collection on Masterpiece - Part 7 Inspector Bompard makes a surprise appearance.		Tales from the Royal Wardrobe The significance of English monarchs' royal wardrobes is examined.		
CPTV Spirit	Nature - Natural Born Hustlers: Sex, Lies & Dirty Tricks		Big Pacific - Behind the Scenes Go inside the innovative series.		Tending the Wild Indigenous peoples share ecological knowledge.		Changing Seas	Changing Seas	
MON 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	David Letterman: The Mark Twain an all-star tribute to David Letterman, 2017 Mark Twain Prize for American		, recipient of the Bombeck:		Carla's Pasta: An American Success Story Meet the founder and president of Carla's Pasta.		Lidia Celebrates America - Holiday for Heroes This Lidia Bastianich special honors veterans.		
CPTV Spirit			Real Rail Advent Winter Magic		Globe Trekker - I Story of Chocola		Coffee: The Drin America	Coffee: The Drink That Changed America	
TUE 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Finding Your Roots, Season 4 - Part 8: Relatives We Never Knew We Had (2) The Vietnam War - Part strikes a peace deal with come home.						America's Secre is shed on Americ Laos during the V	ca's covert war in	
CPTV Spirit	NOVA - Secrets City	of the Forbidden	NOVA - Killer Hurricanes (See CPTV, Nov. 1 at 9 p.m.)		NOVA - Killer Floods (See CPTV, Nov. 8 at 9 p.m.)		The Flood of '55 Connecticut was hit with destructive flooding in 1955.		
WED 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Nature - Nature's Miniature Miracles Survival stories of the world's smallest animals are shared. NOVA - Extreme Weapons Clay fangs are explored			aws, horns, and	Frontline - Poor I of the U.S. econor on how poverty af	nic crisis focuses	Antiques Roadshow - Kansas City, Part 2 Highlights include a book by Madam C.J. Walker.		
CPTV Spirit		s 1 & 2 This eye-o				s - The Shadow V of the global arms t	Norld The trade are revealed. Arts in Context		
THU 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	turns 13 and face	Sables: The Good is complex situation ara Botsford, and M	s with friends, adult	rited Anne Shirley s, and Gilbert.	Movie Classics Collection - Hello, Dolly!** (See CPTV Spirit, Nov. 3 at 9 p.m.)				
CPTV Spirit	Start Up 🕒	Craftsman's Legacy	This Old House Hour The crew installs a beam in a kitchen. The Great British Baking Show, Season 2 - Part 7: Pastry			The Great British Baking Show, Season 2 - Masterclass 3			
FRI 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Midsomer Murders - Death in Chorus, Part 2 (See CPTV, Nov. 17 at 8 p.m.) Grantchester, Season 2 on Masterpiece - Part 4 Sidney performs an exorcism.				Great Performances - Irving Berlin's Holiday Inn: The Broadway Musical** See Roundabout Theatre Company's vibrant production of Holiday Inn, captured live with 14 high-definition cameras.				
CPTV Spirit	Classic Hollywo Movie musicals a		Movie Classics Collection - West Side Story (See CPTV, Nov. 18 at 8 p.m.) On S				On Story		



Once Upon a Sesame Street Christmas

Wednesday, November 22 on CPTV Kids

In this new holiday special, find out how Elmo's ancestors — not to mention those of Grover, Big Bird, Bert, Ernie, Oscar the Grouch, and Cookie Monster — helped transform "the most unfriendly street in town" into the bright, kind, music-filled place it is today. Tune in for special guests Audra McDonald, Zosia Mamet, and Jim Gaffigan as Santa Claus!



Prime Time | November 25-30

SAT 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	The Beatles: Eight Days a Week - The Touring Years Pon Howard's authorized and highly acclaimed documentary explores the Beatles' phenomenal early career. The Emmyand Grammy-winning film focuses on the years 1962-1966. 160s Rock, Pop & Soul (My Music)** the '60s are celebrated, from frat rock Motown and more!								
CPTV Spirit	Marley's Ghosts	Vicious, Sea- son 2 - Part 2		Mother & Other Strangers on sterpiece - Part 3 Hinterland - In the Dead of Night Mathias returns to the front line.			Endeavour, Season 2 on Masterpiece - Neverland**		
SUN 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Brit Floyd - The World's Greatest Pink Floyd Show - Live! Brit Floyd celebrates the amazing musical legacy of Pink Floyd in front of sell-out audiences.			Memory Rescue strates ways to su most to you.		Suze Orman's Financial Solutions**			
CPTV Spirit	Nature - Snow Monkeys Get to know the Japanese macaque, which can survive in very low temperatures.					Sex in the Wild - Orangutans Explore orangutans' mating rituals.		Changing Seas	
MON 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ	about the top 10 c	vith Michael Grege common causes of p your chances of av	oremature death	Great Performan producer David Fo Josh Groban, and		Eat Fat, Get Thin with Dr. Mark Hyman**			
CPTV Spirit	Born to Explore	Curious Traveler	The 46ers Clir Adirondack Mount	mbers scale the 46 tain High Peaks.			Choice Cuts: Meat in	Urban Conversion	
TUE 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Age Reversed w Esmonde-White how to combat sig	Get advice on	while a brutal civil	rr - Part 10: The Weight of Memory Nixon resigns, I war continues in Vietnam. North Vietnamese troops with overwhelming force.			Memory Rescue with Daniel Amen, M.D.** (See CPTV, Nov. 20 at 9:30 p.m.)		
CPTV Spirit	A Year in Space naut Scott Kelly's	Go inside astro- year in space.	Beyond a Year in p.m.)	n Space (See CPT	(See CPTV, Nov. 15 at 9 NOVA - First Ma Neil Armstrong is			Aviators	
WED 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
CPTV	Celtic Woman - Homecoming: Ireland Celtic Woman celebrates the timeless emotion of Ireland's centuries-old heritage. The beloved music group performs "Dulaman," "Amazing Grace," and more. Brit Floyd - The World's Greatest Pink Floyd Show Live! (See CPTV, Nov. 26 at 8 p.m.)						ink Floyd Show -	Classical Rewind 2 (My Music)**	
CPTV Spirit	The Beatles: Eight Days a Week - The Touring Years			s (See CPTV, Nov. 25 at 8 p.m.)		How the Beatles Rocked the Kremlin		Arts in Context	
THU 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
СРТУ	Nature, backed by	Jukebox P The form of the part	nd world-class	Eat Fat, Get Thin with Dr. Mark Hyman Dr. Hyman explains how eating fat can help promote weight loss and optimum health.			Forever Painless with Miranda Esmonde-White** Chronic pain and its causes are explored.		
CPTV Spirit	Start Up 🕒	Craftsman's Legacy	This Old House Tom build a new	Hour Kevin and The Great British Baking Show, The Great			The Great British Season 2 - Maste		





Brussels Sprout Salad with Cheese, Lemon, and Truffle Oil

From Faith:

Yes, this will be on my Thanksgiving table, but there's no reason to wait for a special occasion to make it. No one can resist this fresh raw salad, and if you have a food processor, it comes together lightning fast. You can even buy the Brussels sprouts already shredded. Even easier.

INGREDIENTS

One 1-pound bag of Brussels sprouts

1/4 pound Parmigiana-Reggiano, cut in chunks

2-3 tablespoons of freshly squeezed lemon juice

Salt and freshly grated pepper, to taste

3 tablespoons truffle oil

HOW TO MAKE IT

- Wash and pat dry the Brussels sprouts. Put them in a food processor and pulse until they are shredded fine. Put them in a large bowl and set aside.
- 2. Put chunks of Parmigiana-Reggiano in the processor and grate until fine, then add them to the bowl with the shredded Brussels sprouts. Add fresh lemon juice, salt, and pepper, and stir until well mixed. Taste and adjust the lemon, cheese, salt, and pepper until it suits you.
- Just before serving, add the truffle oil, and mix it up a bit. Taste and add a little more if needed. It should taste like an equal amount of truffle and cheese with a hint of lemon freshness.

The salad, without the truffle oil, can be covered and stored in the refrigerator for several hours.

If chilled, let the salad sit out at room temperature for 15 minutes. Drizzle on truffle oil, mix, and serve.







Polar Pioneer

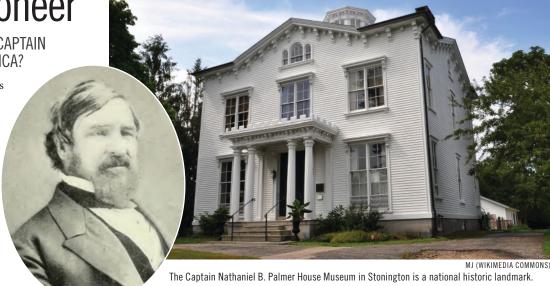
DID A STONINGTON CAPTAIN DISCOVER ANTARCTICA?

For millennia humans believed there was a landmass south of the tip of Africa. Even Aristotle speculated about this undiscovered country. Centuries later, in the 1500s, the hypothetical Terra Australis (South Land) began appearing on maps.

Despite this, no one had actually seen it. That is, not until Nathaniel Palmer, a 22-year-old Stonington captain, glimpsed the last undiscovered continent from his sloop the Hero, on Nov. 18, 1820, 197 years ago this month. Or at least that's the Connecticut version of events; two other explorers may have glimpsed the icy land around the same time. But Palmer was certainly among the first to lay eyes on it.

A sailor at 14, Palmer worked on a blockade-running vessel that avoided British patrols while transporting goods between New York and New England during the War of 1812. In his 1922 biography Captain Nathaniel Palmer: An Old-Time Sailor of the Sea, John R. Spears writes that to avoid giving navigational aid to the British, every lighthouse along the shore had gone dark and marker buoys had been removed. Palmer ultimately operated the tiller, a lever used to turn the rudder to steer. The position required great skill, Spears writes. "In fair winds and foul; in gentle airs and in roaring gales, he had to stand his trick at the tiller, noting the while not only the influence of the wind but the influence of tidal currents, which were sometimes favorable and sometimes adverse. More important still, consider the work he was to do later, he had to do all this at night and when the fog was so thick on the water that he could not see the jib when he stood at the tiller."

Palmer's skill at the tiller helped him become master of the schooner Galena at 19, thus, in Spears' words, maintaining "the reputation of his home port, for Stoningtonians made boast of the ability of their boys to secure command before they were of an age to vote."



In 1819, with the war having ended a few years earlier, Palmer took a step back in rank, signing on as a second mate on an expedition to explore the unknown waters south of Cape Horn. The goal of the mission was not scientific; instead, it was motivated by a quest to find new hunting grounds for seals. Seafarers had long speculated there were extreme-southern islands that served as the summer home for seals.

Seal oil was comparable in cost to whale oil at the time, and like the whaling industry, sealing was wiping out its prey through overly aggressive hunting practices.

During the 1819 voyage, Palmer and his shipmates sailed to the South Shetlands, a group of islands 75 miles north of the Antarctic Peninsula, the northernmost tip of the Antarctic continent. At the South Shetlands, Palmer's crew found and hunted vast numbers of seals.

The following year, Palmer was given command of the Hero and returned to the area with a fleet of seal ships under the command of Capt. Benjamin Pendleton. By the time the fleet arrived in the Shetlands, word had already gotten out about this previously untouched seal hunting ground, and much of the seal population was depleted.

Because of his experience in the region, Palmer was dispatched to look for new hunting grounds even farther south. It was during this scouting expedition aboard the Hero that Palmer first laid eyes on Antarctica. Palmer spotted mountains initially and then land stretching in both directions. According to Spears, it was "a most desolate region, and yet, as seen when the sun was shining, with the green waters

along shore dotted with gleaming ice cakes, and with the air filled with thousands of gray and black petrels and white cape pigeons, it was strikingly beautiful." Spears adds, "[T]here were sea leopards on its shore but no fur seals."

Unable to find any seal habitats, and perhaps not understanding the importance of his discovery, Palmer returned to the fleet in the South Shetlands.

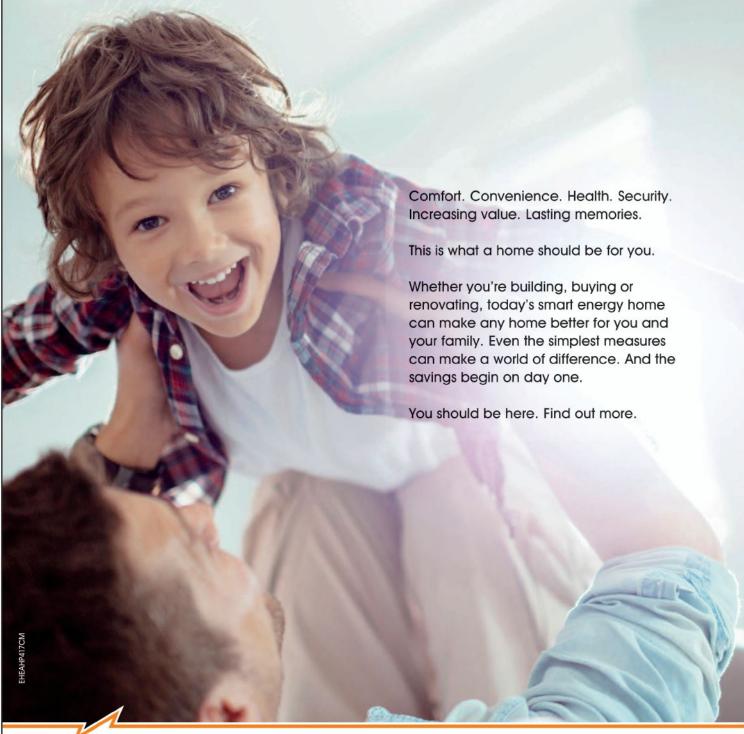
His sighting of Antarctica is often overlooked by history.

This is in part because there is a dispute over whether it occurred in November or later that winter (the ship's log is unclear) and because Fabian Gottlieb von Bellingshausen of Russia and Edward Bransfield of England both claimed to have spotted the continent prior to Palmer.

Regardless of claims superseding his own, Palmer had the last laugh. A portion of the peninsula he happened upon is named Palmer Land. More recent explorations in the region have paid the young Stonington captain tribute with Palmer Station, a U.S. research station in Antarctica; Hero Bay in the South Shetland Islands is named for his sloop, and in the 1980s the U.S. Postal Service issued a stamp in his honor.

After this voyage, Palmer became an even more accomplished seaman and then a boat builder. He helped develop the mid-19th-century clipper ship which was known for its speed. Those wishing to learn more about the storied captain and explorer can visit the Captain Nathaniel B. Palmer House Museum in Stonington, a national historic landmark and a great resource on all things Capt. Palmer.

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